



ACTION NEEDED

Submit Your Comments in Support of **LB 20: Remove Insurance Barriers to Contraception** Banking, Commerce and Insurance Committee Hearing: Monday, March 1 at 1:30 pm

Everyone deserves the right to decide if, when and how to start a family. This requires access to reproductive health services, including birth control. Health insurance plans typically cover 30- to 90-day supplies of prescription birth control at one time. Limiting the supply of prescription birth control to these short intervals can create gaps in use. By providing for extended insurance coverage of birth control—for up to a six-month supply at a time—we can reduce barriers for women accessing birth control.

Here is what LB 20 does and does not do:

- Requires that public and private insurers cover the quantity of contraceptives dispensed in accordance with the prescription—up to 6 months of contraceptives at a time.
- Does not require a 6-month supply on the first prescription. This is to ensure that the method works for the individual before an extended supply is provided.
- Does not require providers to prescribe an extended supply of contraception at one time, only that insurers cover the quantity of contraceptives dispensed in accordance with the prescription.
- Does not create a mandate for insurance coverage of birth control—only applies to insurers who already include such coverage.



Submit Comments Online! It takes less than five minutes. The insurance industry is opposed to this bill, so we need your voice!

Submit your comment online today by clicking the button that reads **[“Submit Comments Online For LB 20.”](#)** Fill out the form and make sure to mark yourself as a “Proponent.” In the “Written Statement” box, add a few sentences about why you support this bill.

Example Copy for Online Comments

Please feel free to share a personal experience or use any of the content below.

Please support LB 20 to remove barriers to birth control for women across our state.

- *Share your story: Have you experienced disruption in birth control as a result of a limited supply of birth control?*
- *Other potential talking points (pick two to three):*
 - Access to birth control allows women to increase their chances of finishing school, find a good job and ultimately, to reach their full potential and achieve economic self-sufficiency.

Continue to back from more example copy and a sample of the filled in comment form.

Example Copy for Online Comments (Continued)

- Reducing interruptions in birth control will support its effectiveness and reduce unintended pregnancy.
- Limited supply of birth control creates increased barriers to preventing pregnancy. Having to refill prescriptions every month or every few months can prove difficult for some—especially those who live long distances from their provider or pharmacy, those who lack dependable transportation and those who work long or unconventional hours. Missing a week or even days of birth control can lead to an unintended pregnancy.
- Research has shown that a 12-month supply of birth control decreased unplanned pregnancies by 30%, compared with a supply of just one or three months, and reduced the likelihood of an abortion by 46%.¹
- The Centers for Disease Control (CDC) finds that “the more pill packs given up to 13 cycles, the higher the continuation rates. Restricting the number of pill packs distributed or prescribed can result in unwanted discontinuation of the method and increased risk for pregnancy.”
- Health care providers, not insurance companies, should determine the duration and supply of birth control provided to their patient.



Five Easy Steps to Leave a Comment

1. Go to <https://www.nebraskalegislature.gov>
2. Search LB 20 on the upper righthand side.
3. Click “Submit Comments Online for LB 20.”
4. Enter your info as a Proponent.
5. Help us reach our goal of 100 comments!

Sample Online Comment Box

| | | |
|---|------------------------------------|---|
| First Name | Last Name | |
| <input type="text" value="Every"/> | <input type="text" value="Woman"/> | |
| Street | | |
| <input type="text" value="123 N First Street"/> | | |
| City | State | Zip |
| <input type="text" value="Omaha"/> | <input type="text" value="NE"/> | <input type="text" value="68102"/> |
| Email Address | District | |
| <input type="text" value="everywoman@nebraska.com"/> | <input type="text" value="1"/> | <input type="button" value="Find Your District"/> |
| Representing | | |
| <input checked="" type="checkbox"/> Self <input type="checkbox"/> Other | | |
| Stance | | |
| <input checked="" type="checkbox"/> Proponent <input type="checkbox"/> Opponent <input type="checkbox"/> Neutral | | |
| Written Statement | | |
| <input type="text" value="I support LB 20 and the need to remove insurance barriers for women accessing birth control. Reducing interruptions in birth control will support its effectiveness and reduce unintended pregnancy. Having to refill prescriptions every month or every few months can prove difficult for some and missing even days of birth control can lead to an unintended pregnancy. I urge you to support LB 20, too, and remove barriers to accessing the health care people need."/> | | |

¹ Diana Greene Foster, Denis Hulett, Mary Bradsberry, Philip Darney, Michael Policar, “Number of oral contraceptive pill packages dispensed and subsequent unintended pregnancies,” *Obstetrics & Gynecology*, March 2011, Volume 117, Issue 3, p. 566-572, <https://pubmed.ncbi.nlm.nih.gov/21343759/>.