

12 Months of Birth Control

We all deserve affordable and accessible birth control that works for us, regardless of our income or insurance carrier. Consistent access to birth control gives women the ability to control when and if they have children, giving them more career and education opportunities, healthier pregnancies, and making them less likely to depend on government programs. Today, most women have to refill their birth control every month, which is a burden for many women and leads to inconsistent birth control use.

The legislature can ensure all women have consistent access to birth control by requiring that insurance cover one-year's supply of birth control at a time, dispensed on-site at the provider's office if available.

One year's supply of birth control at a time: A solution that works for women

All women should have access to a one-year's supply of birth control at a time—on-site if available—which would increase consistent usage and reduce unintended pregnancies.

- With perfect use, hormonal birth control has a failure rate of less than 5%, but for women who lack access to transportation, move frequently, or struggle to balance work and family, monthly trips to the pharmacy make perfect use challenging.
- One in four women say they have missed pills because they could not get the next pack in time; dispensing one-year's supply at a time reduces the odds of experiencing an unintended pregnancy by 30% and is associated with a 46% drop in the chance of needing an abortion.
- Consistent use of birth control is the best way to prevent unintended pregnancy; 19% of women who inconsistently use birth control account for 43% of unintended pregnancies whereas the two-thirds of women who use birth control consistently only make up 5%.
- Women without reliable access to transportation or living in rural areas have more barriers to dependable access to birth control, leaving them at a greater risk for unintended pregnancies.
- Insurance plans that dispense one-year's supply of birth control instead of limit dispensing to one or three cycles lower their direct costs on follow-up visits and pregnancy tests, as well as long-term unintended pregnancy management.
- Forty-six percent of women who unintentionally became pregnant report that they were using some form of contraceptives; providing one year of birth control at a time will increase consistent use and reduce unintended pregnancy.

Women's consistent access to birth control should not depend on her insurance carrier. By requiring that women get 12 months of birth control at a time, we can reduce barriers to contraceptives, prevent unintended pregnancy, and save money.