

## Steven Sepe

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**From:** Sara Watson <watsonse@gmail.com>  
**Sent:** Thursday, March 13, 2025 4:35 AM  
**To:** House Health and Human Services Committee  
**Subject:** Testimony in support of H6038

Dear Chair Donovan and members of the House Committee on Health and Human Services,

I am writing on behalf of myself in support of this bill. I am a primary care physician in Rhode Island. I see absolutely no reason why initial contraceptive coverage should be limited to 3 months when there is ample evidence to document that women with access to contraception are less likely to get pregnant. I could give you hundreds of examples of patients who missed a dose or two of their contraceptive and then had an unintended pregnancy. We know that for contraception to work optimally, doses cant be missed. Given that we routinely prescribe and place methods of contraception that last 3-12 YEARS, it seems absurd to restrict initial supplies of contraception pills, patches, and vaginal rings- which are often prescribed in 3 month supplies- to 90 days. Hormonal birth control does have some possible serious side effects, but the risks associated with pregnancy are generally greater. So if we aim to minimize harm and maximize health, putting fewer limits on access to birth control is a no-brainer.

Dr. Sara Watson