

Improving Access to Abortion Care in Alaska Through Telehealth

What is telehealth abortion?

A telehealth abortion involves a virtual consultation with a healthcare provider and abortion medications mailed to the patient at home.

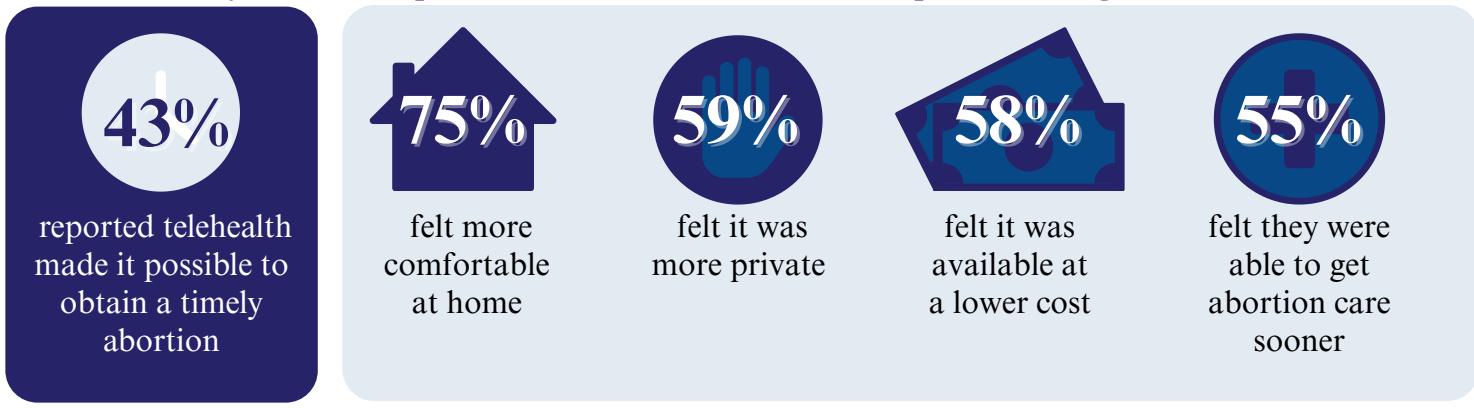
Telehealth abortion:

- Allows patients to avoid the cost and delays of traveling for abortion care
- Reduces wait times, which helps women get their abortions earlier
- Increases access for low-income and rural residents
- Offers privacy and convenience by providing discreet care
- Is as safe as in-clinic abortion care

Barriers to abortion care in Alaska

- There are currently only 2 abortion clinics available to support the entire state of Alaska, which may lead to increases in travel distances or wait times
- Alaska law restricts telehealth abortion** by requiring medically unnecessary in-person visits for medication abortion (Statute 18.16.010.a.2)
- This requirement is not based in medical evidence

The CHAT study asked 1,600 patients across the U.S. about their experiences using telehealth for abortion:



CALL TO ACTION

Repealing Alaska's statute that restricts telehealth abortion can help women get abortions sooner and reduce costs.

References

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3. Koenig, L. R. et al. Patient Acceptability of Telehealth Medication Abortion Care in the United States, 2021–2022: A Cohort Study. *Am J Public Health* Feb;114(2):241–50, (2024). <https://doi.org/10.2105/ajph.2023.307437>
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6. Alaska Statutes 18.16.010.a.2. Abortions <https://www.akleg.gov/basis/statutes.asp#18.16.010>
7. "Planned Parenthood warns last 2 Alaska clinics could close under Republican-backed bill." Iris Samuels, *Anchorage Daily News*, June 2025