

# 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

### What patients say about telehealth abortion:

“[Telehealth care] is half the price of abortions where I live.”

“Talking to a doctor virtually allowed me to be seen almost immediately, so I could get all of this taken care of as quickly as possible.”

“The privacy and convenience of the online abortion service are so much better than going to a clinic.”

## 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:

43%

reported telehealth made it possible to obtain a timely abortion



felt more comfortable at home



felt it was more private



felt it was available at a lower cost



felt they were able to get abortion care sooner



## 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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For more information, contact: [melissa@stateinnovation.org](mailto:melissa@stateinnovation.org)