

Improving Access to Abortion Care in North Carolina 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:

- Is as safe and effective as in-clinic abortion care
- 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
- Is allowed by federal law and offered in 31 U.S. states

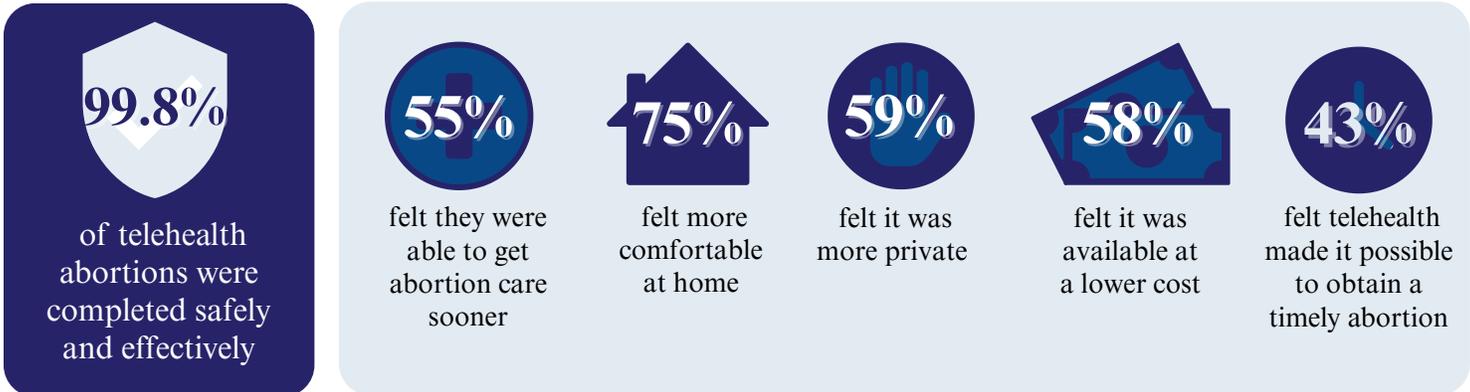
What patients say about telehealth abortion:

“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.”

Barriers to abortion care in North Carolina

- **North Carolina law restricts telehealth abortion** by imposing medically unnecessary ultrasounds (Statute 90-21.85) and requiring in-person visits with abortion providers (Statute 90-21.83B)
- These requirements are not based in medical evidence
- Wait times and travel distances have increased for those seeking abortions in the state

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



CALL TO ACTION
 Repealing North Carolina’s statutes that restrict telehealth abortion and mandate ultrasounds can help women get abortions sooner and reduce costs.

References

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