



the campaign to prevent unplanned pregnancy



April 16, 2020

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## AMIDST COVID-19 CHALLENGES POWER TO DECIDE'S TELEHEALTH RESOURCES SERVE TO ASSIST ACCESS TO REPRODUCTIVE HEALTH SERVICES

(Washington, DC) - COVID-19 has changed our approach to health care, and for women trying to avoid an unplanned pregnancy, that includes how to access contraception. Telehealth is a viable option to access contraception while maintaining the required social distancing norms necessary to staying healthy.

Power to Decide is committed to ensuring all people have the information and access to resources in order to have the power to decide if, when and under what circumstances to become pregnant and have a child. Here are a few of the many telehealth resources available on [Bedsider](#), an online birth control support network operated by Power to Decide.

- [What telehealth is \(and isn't\) and why you should use it to get your birth control.](#)
- [7 sexual health services you can get from the comfort of your own home.](#)
- [How to get birth control delivered right to your door.](#)

Before the outbreak of this pandemic, [the Title X domestic gag rule](#) and other Administration policies were already making it harder for those struggling to make ends meet to access contraception. These policies have also exacerbated the lack of access for the more than 19 million U.S. women in need who currently live in [contraceptive deserts](#)—counties where they lack reasonable access to a clinic offering the full range of contraceptive methods.

When considering these challenges, [the benefits of telehealth](#) can reach far beyond the immediate need presented by COVID-19 and can assist all those living in contraceptive deserts and or trying to overcome the challenges of the current Administration's policies.

Further, according to the [data](#), women are more likely to be impacted by COVID-19. A recent analysis found that women are more likely to hold jobs most affected by stay at home orders, such as working in the service industry; are paid less than their male counterparts; and even where they are designated essential, women must often choose between employment and caring for their children.

During these trying times, Power to Decide provides the opportunity for immediate assistance through its Contraceptive Access Fund, [BCBenefits](#). By giving to this worthwhile effort, you can help provide access to free or low-cost birth control methods to those most in need.

**Power to Decide** is a private, non-partisan, non-profit organization that works to ensure all people—no matter who they are, where they live or what their economic status might be—have the power to decide

if, when and under what circumstances to get pregnant and have a child. Please visit us at [www.PowerToDecide.org](http://www.PowerToDecide.org) or follow us on Facebook and Twitter.