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**To:** [E-OHPSCA2713.EBSA](#)  
**Subject:** Comment on Interim Final Rules for Group Health Plans and Health Insurance Issuers Relating to Coverage of Preventive Services; etc. (Document ID HHS-OS-2010-0018-0001)  
**Date:** Wednesday, September 15, 2010 2:15:01 PM

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Dear Secretary Sebelius,

I find it absurd that birth control is not currently considered a preventative health care service. Pregnancy itself requires a lot of medical care, whether the pregnancy result in termination or birth. Such medical care can cost patients, providers, and insurers a lot of time and money. All of which can be prevented if a woman was able to prevent a pregnancy with birth control.

In addition, birth control allows women to take control of their health. This kind of control should not be afforded to only those with the monetary means. The California FamilyPact program covered the cost of my birth control through high school and college enabling me to avoid any unintended pregnancies thus allowing me to complete my educational goals. Had birth control not be available to me free of cost, I would have not had the means to purchase it myself and therefore may have not been able to complete my education without an unintended pregnancy. In addition to monetary constraints, we must also take into consideration the women who are in abusive and controlling relationships with partners who refuse to use condoms and attempt to sabotage their birth control methods – such as flushing pills down the toilet. These women need access to more discreet forms of birth control, such as the Implanon or IUD. Both of which are more expensive in the immediate and therefore are often more unattainable.

I am asking you, as a woman, as professional in reproductive health, and as a concerned citizen: Please reconsider including birth control under the umbrella of preventative care.

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