



# OTC Birth Control



#FREETHEPILL FEST

# #FREETHEPILL movement



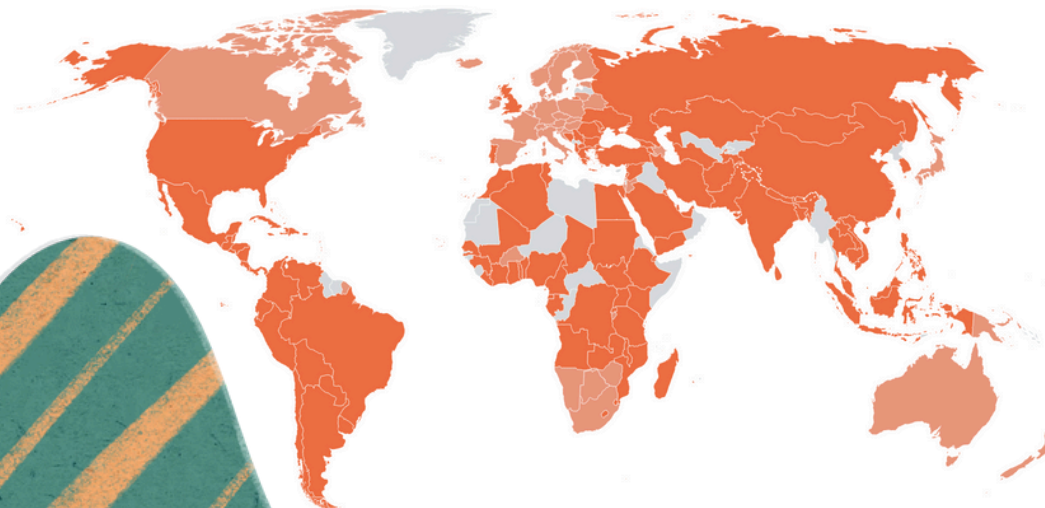
Since 2004, Ibis Reproductive Health has housed a coalition of individuals and organizations committed to fighting for contraception access. The coalition takes a reproductive justice framework towards the work - acknowledging “all forms of oppression as a root cause of contraceptive inequities” (Ibis Reproductive Health). A large goal within this fight was to bring prescription-free over-the-counter birth control pills to the United States.



# #FREETHEPILL movement cont.

Over 100 countries offer birth control pills over-the-counter. FreeThePill fights to join this group with emphasis on expanding access through making the pills prescription-free, affordable, and without age restrictions.

OTC Rx only No data



visualization from Free The Pill at  
<https://freethepill.org/otc-access-world-map>

# From The Voices



of FreeThePill

Video provided by Advocates for Youth in collaboration with youth activists within the movement.

# birth control pills

There are two different types of birth control pills. For each type, there are a handful of brands.

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## Combination Pill

- estrogen and progestin
- one pill everyday
- most common type of birth control

## Progestin-Only Pill

(aka POPs or Mini Pills)

- progestin only
- one pill at the same time (within 3 hrs) everyday





3-month pack: \$49.99

6-month pack: \$89.99

## What's Available

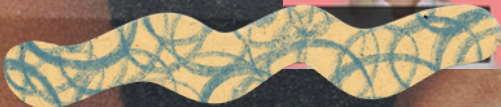
Now: Opill

\*Progestin-Only Pill

The movement's work payed off on July 13th 2023 when the FDA approved the brand Opill's OTC birth control pill. Now, Opill is on the shelves at major drug stores such as CVS and Target throughout the country. The U.S joins over 100 countries which expands contraception access with OTC + prescription-free birth control pills.

What You Need To Know

From Opill



The work of FreeThePill is not over. The coalition continues to fight for affordability and accessibility.

In 2022 Advocates For Youth surveyed young people surrounding their ability to access contraception which highlighted both access and affordability barriers for young folks.



Goals within the movement include...

- expand stores which offer Opill
- insurance coverage for prescription-free birth control



## Take Action

Tell Biden: Over-the-counter birth control should be covered by insurance

## References

<https://www.plannedparenthood.org/learn/birth-control/birth-control-pill/how-do-i-use-the-birth-control-pill>

<https://opill.com/products/opill>

<https://ibisreproductivehealth.org/projects/moving-oral-contraceptives-over-counter>

<https://freethepill.org/otc-access-world-map>

<https://www.advocatesforyouth.org/wp-content/uploads/2022/09/BehindTheCounter-OralContraceptivesAccessReport-2022-1.pdf>