

NYC Abortion Resource Guide



State Senator
Brad Hoylman-Sigal

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DISTRICT OFFICE:
322 EIGHTH AVENUE, SUITE 1700
NEW YORK, NEW YORK 10001
PHONE: (212) 633-8052

ALBANY OFFICE:
ROOM 310
LEGISLATIVE OFFICE BUILDING
ALBANY, NEW YORK 12247
PHONE: (518) 455-2451

EMAIL:
hoylman@nysenate.gov

WEBSITE:
hoylman.nysenate.gov

Dear Friend,

New York has been a leader in providing safe and legal abortion for decades. Last November, voters approved an amendment to embed the right to abortion in the State Constitution.

Still, since the U.S. Supreme Court ruling on *Dobbs v. Jackson Women's Health Organization* in 2022, invalidating *Roe v. Wade*, 12 states have complete abortion bans and 29 others have bans based on gestational duration (according to the nonprofit Guttmacher Institute). Abortion care is women's health care, and the right to choose is a basic human right. So the nine remaining states that allow abortion access, including New York, are all the more important nationally.

That's why I'm delighted to adapt my friend and colleague Sen. Liz Krueger's "Guide to Abortion Care in New York City" for residents in Manhattan. I hope you find it useful—or know someone who will.

If you have questions or comments, please contact me at hoylman@nysenate.gov or call my office at (212) 633-8052.

Sincerely,

Brad Hoylman-Sigal

This guide is not intended as an endorsement of any organization or service provider nor as a source of medical or legal advice. Contact your medical provider and health insurer for advice about your specific situation.

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Q&A: ACCESSING ABORTION CARE IN NEW YORK

Is abortion legal?

Yes. Abortion has been legal since 1970, even before *Roe v. Wade* was decided by the Supreme Court in 1973. The Reproductive Health Act (RHA) was enacted in New York in 2019 to align the State abortion law with *Roe v. Wade* protections. Under New York State law, a health care practitioner may provide an abortion for any reason within 24 weeks of the start of pregnancy. A practitioner may provide an abortion beyond 24 weeks if a patient’s health or life is at risk, or if the fetus is not viable.

What is self-managed abortion and is it legal?

An abortion is “self-managed” when a person obtains and takes abortion medication to end a pregnancy without the help of a health care provider; it is legal in New York. The RHA includes self-managed abortion in its protections.

What health care practitioners can provide abortion services?

In New York, physicians and Advanced Practice Clinicians (APCs)—including licensed midwives, nurse practitioners, and physician assistants—can provide abortion care within their scope of practice.

What types of abortion are available?

Choosing which type of abortion you want is a personal decision. Early in pregnancy, some individuals may opt for a medication abortion because they are able to take the pills in the privacy of their home, while others may prefer to have a procedure performed because it is quicker.

■ *Medication abortion* is an option during the first trimester of pregnancy. You can request abortion pills from a clinic or a telehealth medication abortion provider, who will mail abortion pills to you. The provider will review your medical eligibility to have a medication abortion.

Medication abortion is regarded as safe and effective; however, there are limited cases where the abortion is not fully completed—similar to having a miscarriage early in pregnancy. In this situation, it may be necessary to take additional medication or to have an in-clinic procedure, such as manual aspiration. If you have had a medication abortion that was not fully completed, seek medical

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advice to determine your next steps.

Note: Many telehealth medication abortion providers do not accept health insurance, but they should be able to provide a receipt for care that can be submitted to your insurance for possible reimbursement. If the provider is able to call in the abortion medication prescription to a local pharmacy, it may be that your insurance will cover all or some of the cost of the prescription. Ask about these options before you make payment to the telehealth provider.

Here's more information about medication abortion and what to expect:

- How to Use Abortion Pills: howtouseabortionpill.org
- Comparison of Early Abortion Options: rhedi.org/comp-early-abortion-options
- What to Expect During an Abortion: prochoice.org/patients/abortion-what-to-expect
- A guide from the Reproductive Health Access Project: reproductiveaccess.org/wp-content/uploads/2024/05/2024-06-Protocol-for-MAB-with-Mife_Miso.pdf
- Abortion On Our Own Terms: abortiononourownterms.org
- Plan C: plancpills.org

■ *Procedural abortion* is an option during and beyond the first trimester of pregnancy. Some of the more common abortion procedures include manual aspiration, vacuum aspiration, Dilation and Curettage (D&C), and Dilation and Evacuation (D&E). Most procedural abortions are provided in abortion clinics, but procedures can also be performed in hospitals, particularly if a case is more medically complex or where the pregnancy is causing serious health risks to the patient.

Depending on the type of procedure, the options available, and the patient's preference, sedation or anesthesia may or may not be necessary. For example, there are select abortion providers who perform the manual aspiration procedure early in pregnancy, using techniques that reduce the amount of pain and discomfort experienced by the patient. As a result, pain and discomfort may be managed by giving pain medication instead of sedation or anesthesia. When an abortion procedure is performed under sedation or anesthesia, the patient will need to be accompanied home (or wherever they are staying) following the procedure. Therefore, having a procedure without sedation or anesthesia might be preferable, when possible.

(Note: Some hospitals in New York will not provide abortion care, as a matter of hospital policy. And there are individual providers who may refuse to perform abortion services—even if their hospital allows abortion care—due to “conscience objections.”)

More detailed explanations of abortion procedures can be found in these resources:

- Comparison of Early Abortion Options rhedi.org/comp-early-abortion-options
- Abortion in Clinic: What to Expect prochoice.org/patients/abortion-what-to-expect
- What Happens During a Later Abortion? laterabortion.org/general-information/clients-and-clinicians-experiences

Is abortion care covered by insurance?

Commercial insurance plans that are regulated by New York State insurance law are required to cover abortion services if the policy provides hospital, surgical, or medical coverage, and offers maternity coverage—including abortion medications. Coverage is not subject to annual deductibles or coinsurance, including co-payments, unless the policy is a high deductible policy. Abortions are also covered for New Yorkers who receive benefits through NYS Medicaid, the Essential Plan, and Marketplace Plans.

Examples of insurance plans that are *unlikely* to be regulated by New York State insurance law include plans provided through unions, “self-funded” plans, and plans issued in other states. Contact your insurer to confirm what's covered, whether an abortion provider is in network, and if physician, hospital, and/or anesthesia fees will be covered (if necessary).

Note: If you are concerned about using your parent's, partner's, or spouse's health insurance, contact the Dept. of Health's Abortion Access Hub for confidential help at nyc.gov/site/doh/health/health-topics/abortion.page.

Is financial support available to help cover the cost of abortion care?

If you are uninsured, your health insurance does not cover abortion care, or you are unable to use your regular health insurance, you may be eligible to receive financial assistance from an abortion fund, sliding scale fees from the provider, or to enroll in New York State Medicaid. Ask providers if they offer sliding scale fees when you make your initial inquiries.

Abortion funds, such as the New York Abortion Access Fund (nyaaf.org), provide financial assistance to help cover medical costs associated with having an abortion. Practical support groups, such as The Brigid Alliance (brigidalliance.org) and Apiary for Practical Support (apiaryps.org), provide financial support to help cover costs beyond medical care, such as travel, accommodations, and child care.

New York State Medicaid covers abortion care for its residents who are enrolled. Hospitals, Planned Parenthood, and some other providers can often provide enrollment assistance. The nonprofit Community Service Society is a certified Enrollment Assistor that provides Medicaid enrollment support at no charge; call (888) 614-5400.

Do minors need the consent of a parent or guardian to receive abortion care?

Minors are not required to obtain the consent of a parent or guardian to have an abortion if they are able to provide informed consent. This means a minor is able to make decisions about their health when they fully understand their health information, as well as the risks and benefits to receiving or not receiving medical treatment. For additional details, see the New York Civil Liberties Union’s “Teenagers, Health Care, and The Law: A Guide to Minors’ Rights in New York State” at: nyclu.org/resources/policy/one-pagers/guide-teenagers-health-care-and-law-english-and-spanish

Is abortion care confidential?

In general, a health care provider is not permitted to share an adult or minor patient’s confidential medical information without their permission—and this applies to patients who are minors if the patient provided informed consent (although there are circumstances where providers are required to share confidential medical information). While these protections are afforded under federal and New York State law, it’s important to know:

- If you are a minor and talk to a teacher, administrator, guidance counselor, or other school employee about being pregnant or having an abortion, they are not required by law to keep that confidential.
- Parents are able to access the electronic health records of their children for permissible purposes.
- Electronic medical records make it possible for other health care providers to see a record that you received abortion care. If you have privacy or safety concerns, please speak with your

- If you use your parent’s, partner’s, or spouse’s insurance to cover the cost of abortion care, it is possible that medical claims or billing information could be sent to them.

Can out-of-state residents receive abortion services in New York State?

Yes. Out-of-state residents are welcome to come to New York for abortion care—but they may not be able to use their state’s health insurance to cover the cost. Out-of-state residents may be able to receive financial assistance from an abortion fund, and some abortion providers offer sliding scale fees.

Are there resources for minors who don’t have a trusted adult to talk to?

Finding out that you are pregnant might feel shocking, frightening, and overwhelming, especially if you are a minor. There will be important decisions to make about the pregnancy and you may be unsure what you want to do. If possible, it is important to talk to a trusted adult about how you are feeling and what your options are so that you can get support while figuring out the answers.

MAKING THE DECISION

Online Pregnancy Options Counseling, NYC Health + Hospitals ExpressCare

(718) 360-8981 — expresscare.nyc/abortion-care

Pregnancy Options Counseling, Planned Parenthood

plannedparenthood.org/learn/pregnancy/pregnancyoptions

Unsure About Your Pregnancy?

A Guide to Making the Right Decision for You

prochoice.org/patients/pregnancy-options

“Self-Care for Before, During, and After Your Abortion”— A Zine by the Doula Project

www.diydoula.org

A special note about Crisis Pregnancy Centers:

Crisis Pregnancy Centers (CPCs)—also known as “limited service pregnancy centers” or “pregnancy resource centers”—differ from abortion clinics. Their facilities may appear to provide abortion

health care, such as pregnancy tests or an ultrasound, and their staff may even be wearing surgical scrubs—but they don't provide abortions.

CPCs intend to discourage people from seeking abortions, and they may provide false information, try to make people feel guilty about having an abortion, or use intimidation tactics. Many have opened in the immediate vicinity of legitimate abortion providers—or have very similar names to them—in order to intentionally mislead those seeking care. There are 120+ crisis pregnancy centers in the State; for a map of CPCs, visit protruthny.org.

ABORTION PROVIDER REFERRALS

How do I find an abortion provider?

For confidential assistance with finding an abortion provider, there are two trusted toll-free hotlines:

- The New York City Abortion Access Hub, run by the NYC Dept. of Health, provides multilingual help with finding abortion providers, scheduling appointments, and getting financial and logistical support—regardless of immigration status or residency. Call (877) 691-2482, use their live chat at dohchat2.dirad.com/chat/index.html (English/Spanish), or visit nyc.gov/site/doh/health/health-topics/abortion.page.
- The National Abortion Hotline, run by the National Abortion Federation, provides callers with multilingual information on providers, case management services, and limited financial help. (800) 772-9100 — prochoice.org/patients/naf-hotline

Some providers do not offer abortion services for those under age 18, only provide abortion services up to a certain point in pregnancy, and/or only perform certain procedures. Contact the provider to inquire.

Online Provider Directories

- Abortion Finder: abortionfinder.org
- I Need An A: ineedana.com
- National Abortion Federation's Find a Provider: prochoice.org/patients/find-a-provider
- Planned Parenthood of Greater New York: plannedparenthood.org/planned-parenthood-greater-new-york
- Later Abortion Initiative: laterabortion.org/access/later-abortion-services%E2%80%94information-referrals-services-clients-and-clinicians

EMOTIONAL & SPIRITUAL SUPPORT

Abortions Welcome

abortionswelcome.org

Created by pro-choice faith leaders

All-Options Talkline

(888) 226-7821 — all-options.org/find-support/talkline

Staffed by volunteer peer counselors

Connect & Breathe

(866) 647-1764 — connectandbreathe.org

An after-abortion safe space to talk about experiences

Exhale Pro-Voice

Confidential Textline: (617) 749-2948

exhaleprovoice.org

Reprocare

(833) 226-7821 — reprocare.com

Offers anonymous peer-based support, medical information, and referrals

Self-managed Abortion Information

Abortion On Our Own Terms

abortiononourownterms.org

How to Use Abortion Pills

howtouseabortionpill.org

Plan C

plancpills.org

MEDICAL INFORMATION

New York State Department of Health—Abortion Services
health.ny.gov/health_care/abortion_services

New York City Health Department—Abortion
nyc.gov/site/doh/health/health-topics/abortion.page

Comparison of Early Abortion Options
rhedl.org/comp-early-abortion-options

Developed by Reproductive Health Education in Family Medicine, this is a helpful comparison chart of early abortion options and answers to frequently asked questions about both medication and procedural abortion.

Later Abortion Initiative
(617) 349-0040
lai@ibisreproductivehealth.org
laterabortion.org

Focuses on the increased stigma, challenges, and barriers for women who need abortions after 18 weeks.

Charley the Chatbot
chatwithcharley.org
Private, anonymous, and secure abortion information with this online chat tool.

M+A Hotline
(833) 246-2632
mahotline.org
Hotline clinicians provide private information and support to people who are going through an abortion or miscarriage; their website covers how to use abortion pills, abortion pill FAQs, miscarriage, digital security information, and the hotline's current hours. They do *not* provide abortion pills.

Reprocare
(833) 226-7821
reprocare.com
Their Healthline offers anonymous peer-based support, medical information, and referrals.

ABORTION FUNDS

New York Abortion Access Fund
(212) 252-4757
nyaaf.org
NYAAF supports New Yorkers and those traveling to New York State to access abortion care through case management, financial assistance, and connections to other resources.

National Abortion Hotline Fund
(800) 772-9100
prochoice.org/patients/naf-hotline

Abortion Freedom Fund
(202) 417-8244
Hello@abortionfreedomfund.org
abortionfreedomfund.org

National Network of Abortion Funds
abortionfunds.org/need-abortion
A consortium of almost 100 independent abortion funds, which connects those in need of assistance with funds to cover abortion costs.

PRACTICAL SUPPORT FUNDS

The Brigid Alliance
Info@brigidalliance.org
brigidalliance.org
Provides funds to help cover the practical costs—including travel, food, lodging, child care, and other logistical costs—to individuals who are currently 15 weeks pregnant or more.

Apiary for Practical Support
contact@apiaryps.org
apiaryps.org
A national hub for groups that provide logistical assistance to people seeking abortions.

LEGAL INFORMATION

New York Civil Liberties Union

Publishes these resources about abortion rights in New York:

- “Your Rights to Abortion Care in New York”
nyclu.org/resources/know-your-rights/your-rights-abortion-care-newyork#_who-can-provide-abortion-care-and-how-is-careprovided
- “Your Rights to Abortion Care in New York State” (one pager)
assets.nyclu.org/field_documents/kyr_nyabortioncareonepager-05.06.22.pdf
- “Teenagers, Health Care, and The Law: A Guide to Minors’ Rights in New York State”
nyclu.org/resources/policy/one-pagers/guide-teenagers-health-care-and-law-english-and-spanish

New York State Attorney General’s Reproductive Rights Legal Information & Abortion Hotline

(212) 899–5567

ag.ny.gov/resources/individuals/health-care-insurance/reproductive-rights-abortion-legal-new-york

Call the hotline anytime to arrange to speak to a lawyer at no charge.

Repro Legal Helpline

(844) 868–2812

reprolegalhelpline.org

A project of If/When/How, whose representatives answer legal questions about abortion, pregnancy loss, and birth—no matter your age.

Pregnancy Justice

(212) 255–9252

pregnancyjusticeus.org/get-help

Defends people who face investigation, arrest, or detainment related to any pregnancy outcome or were forced to have a surgery because of pregnancy, particularly the most vulnerable, including women and people who are poor, of color, with disabilities, do not conform to gender binary stereotypes, and/or use drugs.

CONTRACEPTION IN NEW YORK

Access to contraception is fundamental to reproductive health and preventing unplanned pregnancy, including teen pregnancy. New York State is committed to protecting and expanding access to a full range of contraceptive options, including emergency contraception.

What types of contraception are available?

There is a wide selection of safe and effective contraceptives available, which is important because birth control is most effective when people are able to choose the type of contraception that works best for them. Common types of birth control include: condoms and internal condoms; birth control pills and patches; intra-uterine device (IUD), birth control implant, shot, or vaginal ring; diaphragm, birth control sponge, cervical cap, and spermicide and gel; sterilization and vasectomy; and natural methods such as abstinence, withdrawal, breastfeeding, and fertility awareness.

Birth control methods vary by:

- Whether they require a prescription from a health care provider – for example, condoms and the Opill do not require a prescription;
- Effectiveness at preventing pregnancy;
- How often they need to be used – for example, every time before sex, used on a schedule, or a long-term implanted device;
- Whether they are a type of hormonal birth control (the pill);
- Whether they help with period regulation;
- How they are administered—for example, taken orally, injected, implanted, inserted, or adopted as a lifestyle; and
- Whether they help to prevent sexually transmitted diseases.

To learn more about how these forms of birth control work and to help decide which one is best for you, visit:

- Planned Parenthood’s Birth Control Comparison Tool:
plannedparenthood.org/learn/birth-control
- Bedsider’s Explore and Compare Birth Control Options:
bedsider.org/birth-control

What is emergency contraception?

Emergency contraception (EC), also known as the “morning after pill,” is taken to prevent pregnancy by delaying ovulation after

having unprotected sex. EC pills are available over the counter and by prescription. Certain IUDs can also be used as emergency contraception.

Over-the-counter EC pills, such as “Plan B,” “Next Choice,” “One Dose,” and “My Way” must be taken within five days of having unprotected sex to prevent pregnancy, but will be most effective if taken within three days or sooner. Over-the-counter EC pills may not work for people who weigh over 165 pounds.

Prescription EC pills, known as “ella” are the most effective EC pills. Ella must also be taken within five days of having unprotected sex to prevent pregnancy, but it will be most effective if taken sooner. Ella will not work as well for those who weigh more than 195 pounds.

Paragard, Mirena, and Liletta IUDs must be inserted within five days of having unprotected sex in order to prevent pregnancy. These IUDs are the most effective method of emergency contraception, whether they are inserted within one day or five days. Effectiveness is not impacted by a person’s weight.

For additional information about emergency contraception, please visit the following resources:

- Bedsider—What Is Emergency Contraception?: [bedsider.org/birth-control/emergency_contraception](https://www.bedsider.org/birth-control/emergency_contraception)
- Bedsider—What Is the Prescription-Only EC Pill: [bedsider.org/birth-control/ec_ella_pill](https://www.bedsider.org/birth-control/ec_ella_pill)
- Planned Parenthood—Emergency Contraception: [plannedparenthood.org/learn/morning-after-pill-emergency-contraception](https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception)

Where can I get regular or emergency contraception?

You can get birth control and emergency contraception online or at retail locations, health centers, and family planning clinics, or through your health care provider, depending on whether a prescription or an in-person appointment is required. Many telehealth medication abortion providers listed in the Abortion Providers section of this guide also provide contraception. Please contact the provider or visit their website for more information.

- The Opill (over the counter): The Opill is a daily oral contraceptive pill that is FDA-approved for use without

a prescription, available at Walmart, Target, CVS, and Walgreens, as well as Amazon and [opill.com](https://www.opill.com).

- Male Condoms: May be purchased at retail pharmacies, grocery stores, and bodegas, and they are distributed at no charge at select locations. Visit the NYC Health Map to find free distribution sites: a816-healthpsi.nyc.gov/NYCHHealthMap/ServiceCategory/FreeSaferSexProducts
- Prescription birth control is available from online providers, health centers, family planning clinics, or through your health care provider. IUD’s and birth control implants require an in-person appointment to have the contraceptive device inserted.

These online directories list online and local providers where you can get these different types of prescription birth control:

Bedsider—Find a Health Center or Get Birth Control Online:
[bedsider.org/find-health-care](https://www.bedsider.org/find-health-care)

Planned Parenthood—Schedule an Appointment:

(800) 230-7526

[plannedparenthood.org/planned-parenthood-greater-new-york/get-care/our-services](https://www.plannedparenthood.org/planned-parenthood-greater-new-york/get-care/our-services)

Over the counter Emergency Contraception (EC, or the “morning after pill”) is available from online providers and at pharmacies, grocery stores, health centers, and family planning clinics without a prescription. Prescription EC pills, brand name “ella,” are available from online providers and at health centers and family planning clinics, or through your health care provider. Use the following resources to find online providers and health centers where you can get emergency contraception pills.

For free or low-cost birth control and emergency contraception, the following resources are available:

- New York City Health Department’s Sexual Health Clinics: [nyc.gov/site/doh/services/sexual-healthclinics.page](https://www.nyc.gov/site/doh/services/sexual-healthclinics.page)
- Teens and adults can search the NYC Health Map for clinics that provide birth control: a816-healthpsi.nyc.gov/NYCHHealthMap/ServiceCategory/SexualHealthServices
- Search the NYC Health Map for free condoms and other sexual health services: a816-healthpsi.nyc.gov/NYCHHealthMap/ServiceCategory/FreeSaferSexProducts
- Call 311

Is contraception covered by insurance?

Yes, under federal and New York State law, commercial and Market-place plans, as well as New York State Medicaid and the Essential Plan, are required to cover contraception with no copay. Contraception, including emergency contraception, purchased over the counter is not required to be covered by insurance. Confirm with your health insurance provider whether costs for insertion and removal will be covered.

If you are uninsured, privately insured, or covered by Child Health Plus, and you are not enrolled in Medicaid, you may be eligible to enroll in the Family Planning Benefit Program, a free and confidential program offered by New York State, which provides family planning services to teens and adults who meet eligibility requirements. For more about the program and eligibility, download this guide: nyc.gov/assets/ochia/downloads/pdf/family-planning-brochure.pdf.

You can also go to a Family Planning Program site to receive an application and enrollment assistance. View a list of sites at: health.ny.gov/community/pregnancy/family_planning/program_sites.htm

Do minors need the consent of a parent or guardian to receive contraception?

Minors do not require their parent or guardian's consent to obtain contraception if they are able to provide informed consent. Providing informed consent means that a minor is able to make a decision about their health when they fully understand their medical condition, as well as the risks and benefits to receiving or not receiving medical services.

MEDICATION AND PROCEDURAL ABORTION PROVIDERS

Again, some providers do not offer services to those under age 18, provide services beyond a certain point in pregnancy, or only perform certain types of abortion procedures. Contact the provider to confirm specific details about your situation and preferences.

Many of the providers listed accept commercial health insurance or New York State Medicaid, offer sliding scale fees, or work with Abortion Funds if you need financial support to help cover the costs of abortion care. Insurance plans that are regulated by New York State Insurance law are required to cover abortion services.

Information is accurate as of December, 2024; contact the provider for current details, whether your insurance is accepted, or if financial aid is available. Most, if not all, telehealth providers require a New York mailing address.

TELEHEALTH

Abortion On Demand

(425) 200-4419

abortionondemand.org

Offers telehealth medication abortion up to 10 weeks of pregnancy for individuals who speak Spanish And/or English and are age 18 or above. Individuals must be in New York for the video visit. While no insurance is accepted, assistance is available for patients with financial need. The \$0-\$389 fee includes a consultation with a board-certified clinician, the medication abortion kit, overnight shipping, 24/7 call service, follow-up texts, an after-pregnancy test, and coordination of aftercare if needed.

Abortion Telemedicine

Info@abortiontelemedicine.com

abortiontelemedicine.com

Offers telehealth medication abortion up to 13 weeks of pregnancy. The \$199 fee covers the video chat with a health care provider, the abortion pills if appropriate, and 1-3 business day shipping. Optional add-ons are available for faster shipping or medications for pain and

nausea. No forms of insurance are accepted. Patients are provided a receipt for the video chat, which you can submit to your health insurance company for possible reimbursement. Visit their website for details, including up-to-date fee information and FAQs.

Abuzz

abuzzhealth.com

Offers medication abortion for individuals up to 13 weeks, based on the first day of their last menstrual period, as well as abortion pills for future use. To request a medication abortion, patients complete an online form; the patient is then connected with a provider, makes payment, and completes the request. If the patient is eligible to receive a medication abortion, the abortion pills are mailed. The \$150 fee includes review of eligibility, the abortion pills, 1–5 business day shipping, and support. No forms of insurance are accepted, but patients unable to afford the fee may indicate the need for a reduced fee on the form at abuzzhealth.com/form.

carafem

(855) 729–2272

info@carafem.org

carafem.org

Medication abortion via telehealth up to 11 weeks of pregnancy. carafem offers sliding scale fees and partners with abortion funds to help ensure cost is not a barrier to care. Insurance is not accepted. Fees range between \$0–\$399 (most pay \$225 or less) depending on your income and eligibility for financial support. This covers evaluation of medical eligibility, a private and discreet medication abortion kit, 24/7 text based medically-accurate support, and 1–4 business day shipping. Cara, the virtual care assistant, provides shipping notifications, step-by-step instructions, automatic reminders, answers to your questions 24/7, and follow-up care.

Early Options

(212) 431–8533

info@earlyoptions.com

earlyoptions.com

Medication abortion during the first 10 weeks of pregnancy. The \$700 fee covers a video chat or in-person consultation with a physician, an ultrasound if needed, the medication abortion kit, shipping, and follow-up care if needed. Pain and anxiety medications

can also be prescribed for pickup at your local pharmacy. No insurance is accepted, but they partner with abortion funds which may provide financial assistance.

Hey Jane

Info@heyjane.co

heyjane.com

Medication abortion up to 10 weeks of pregnancy for individuals in New York who are age 18 or above and medically eligible, regardless of immigration status. Select health insurance plans are accepted. Sliding scale fees based on annual income for those who pay out of pocket. Additional financial assistance may be provided by abortion funds with whom Hey Jane partners. Fee includes a consultation, follow-up, and aftercare; abortion pills, anti-nausea medication, and ibuprofen or Tylenol for pain, and shipping; and a clinical team for support;

Juniper Midwifery

Send a text to: (347) 201–0721

junipermidwifery.com

Medication abortion up to 11 weeks of pregnancy. The fee is either: \$50 for care with Juniper Midwifery plus the cost of having the medications filled at CVS, or \$100 for care and shipping costs to receive the abortion pills by mail. No insurance is accepted; sliding scale fees are available for patients with financial need.

Pills by Post

Call or Text: (872) 201–3000

Support@pillsbypost.com

pillsbypost.com

Medication abortion up to 12 weeks of pregnancy. The \$150 fee includes a consultation to review medical eligibility, the abortion pills, and shipping. No insurance is accepted, but they do offer financial support after completion of online intake forms and consents; email support@pillsbypost.com to request financial assistance.

SameDayAbortionPills

(888) 657–5262

samedayabortionpills.com

Medication abortion up to 10 weeks of pregnancy. The fee is \$250 for the telehealth appointment and \$85–\$100 for the abortion pills,

pain medication, nausea medication, and shipping, or you can opt to pick up the medications at a local CVS or Walgreens pharmacy and use your insurance to cover some of the drug costs. The fee includes support from physicians during and after the medication abortion. Some assistance available through abortion funds if there is financial need.

Sunny

Info@mysunnyhealth.com

mysunnyhealth.com

Medication abortion up to 11 weeks of pregnancy. The \$269 fee covers review of medical eligibility, the medication abortion kit, medical support 24/7, and standard 3–5 day shipping. Express shipping is available for an additional fee. Accepts New York State Medicaid and partners with select abortion funds, and it is also possible to arrange a payment plan.

Twentyeight Health

(929) 352–0060 (available by text only)

Contact@twentyeighthealth.com

twentyeighthealth.com

Medication abortion up to 10 weeks of pregnancy. The \$245 fee covers an online medical evaluation, a medication abortion kit, 3–5 business day shipping, and ongoing medical and emotional support from their provider team. No forms of insurance are accepted, but partners with abortion funds that provide financial assistance of up to \$200 to eligible patients.

Virtual ExpressCare—Abortion Access, NYC Health + Hospitals ExpressCare

(718) 360–8981

expresscare.nyc/abortion-care

Medication abortion up to 11 completed weeks of pregnancy. No appointment is required to receive medication abortion services in a confidential, judgment-free environment, and interpretation services are available in over 200 languages. Many commercial insurance plans, New York State Medicaid, and Medicaid managed care plans are accepted.

Virtual Health Center of Planned Parenthood of Greater New York

(212) 965–7000

plannedparenthood.org/health-center/new-york/newyork/10012/virtual-health-center-of-ppgny-vc-3934-91110

[virtual-health-center-of-ppgny-vc-3934-91110](http://plannedparenthood.org/health-center/new-york/newyork/10012/virtual-health-center-of-ppgny-vc-3934-91110)

Medication abortion up to 11 weeks of pregnancy. The fee ranges from \$200–\$800. Many forms of insurance are accepted, including commercial plans and New York State Medicaid. Individuals who do not have insurance may qualify for a State-funded program or a lower fee scale. Payment plans are also available.

The New York City Health Department

(347) 396–7959

nyc.gov/site/doh/services/sexual-health-clinics.page

Provides medication abortion services up to 11 weeks of pregnancy via telehealth and in person at the NYC Sexual Health Clinics listed below. Call to schedule an in-person appointment or to inquire about telehealth medication abortion services. Walk-ins are also accepted, but please call in advance to confirm hours of operation.

- Central Harlem Sexual Health Clinic
2238 Fifth Avenue, New York, NY 10037
- Jamaica Sexual Health Clinic
90-37 Parsons Boulevard, Queens, NY 11432
- Morrisania Sexual Health Clinic
1309 Fulton Avenue, Bronx, NY 10456

After the appointment, you will need to pick up the medication at one of the clinic locations. There is no charge for medication abortion services.

ONSITE—Bronx Clinics

BronxCare Women’s Health Center

(718) 518–5000

1650 Grand Concourse, 14th Floor, Bronx, New York 10457

bronxcare.org/our-services/womens-health/gynecology

Medication and procedural abortion and abortion and contraception services. Accepts commercial health insurance plans and Medicaid. Financial assistance may be available if there is financial need.

Dr. Emily Women’s Health Center

(718) 585–1010

642 Southern Boulevard, Bronx, NY 10455

dremily.net

Medication abortion within the first 9.4 weeks of pregnancy and procedural abortion through 15-17 weeks of pregnancy, based on a person’s health condition. Select commercial insurance plans and Medicaid within the five boroughs are accepted; also partners with abortion funds that may help to cover the cost if there is financial need.

Planned Parenthood, The Bronx Center

(212) 965–7000

349 E. 149th Street, 2nd Floor, Bronx, NY 10451

plannedparenthood.org/health-center/new-york/bronx/10451/the-bronx-center-2524-91110/abortion

Medication abortion up to 11 weeks of pregnancy and procedural abortion up to 15 weeks and six days of pregnancy. Accepts many commercial health insurance and New York State Medicaid, and offers sliding scale fees if there is financial need.

ONSITE—Brooklyn Clinics

Brooklyn Abortion Clinic

14 DeKalb Avenue, 4th Floor, Brooklyn, NY 11201

(718) 369–1900

brooklynabortionclinic.nyc

Medication abortion up to eight weeks of pregnancy and procedural abortion up to 24 weeks of pregnancy. Commercial health insurance, Medicaid, and Family Health Plus are accepted. If uninsured, you can apply for Emergency Medicaid at their center; discounted fees are available for uninsured patients.

Planned Parenthood, Joan Malin Brooklyn Health Center

(212) 965–7000

44 Court Street, 4th Floor, Brooklyn, NY 11201

plannedparenthood.org/health-center/new-york/brooklyn/11201/joan-malin-brooklyn-healthcenter-2522-91110

Medication abortion up to 11 weeks of pregnancy and procedural abortion up to 15 weeks and six days of pregnancy. Many commercial health insurance plans and Medicaid are accepted, and the Health Center offers sliding scale fees.

ONSITE—Manhattan Clinics

Early Options

(212) 431–8533

124 East 40th Street, Suite 702, New York, NY 10016

Info@earlyoptions.com

earlyoptions.com

In-clinic abortion services, including medication abortion up to 10 weeks of pregnancy and the SofTouch Method (manual aspiration procedure) up to 12 weeks of pregnancy. The procedure involves a level of pain and discomfort that can be managed with pain medication instead of sedation or anesthesia. Patients may have a companion with them in the room during the procedure. No form of insurance is accepted, but a receipt is provided so that patients may submit an out-of-network claim to their insurance provider. Sliding scale fees are available, and Early Options works with select abortion funds that may be able to cover some of the cost.

Parkmed NYC

(332) 334–7773

800 2nd Ave., Suite 605, New York, NY 10017

parkmed.com and parkmed.com/laborless-abortion

Medication abortion up to 10 weeks of pregnancy, and procedural abortion up to 27.6 weeks of pregnancy electively, and further on a case-by-case basis. Abortion procedures are available later in pregnancy, both by labor induction and Laborless Abortion® in an outpatient setting. Different sedation and anesthesia options are available. Accepts most insurance plans, as well as Medicaid, and provides assistance with Medicaid enrollment if needed. Parkmed also partners with abortion funds to help cover the cost.

ONSITE—Queens Clinics

All Women’s Medical of Queens

(718) 793–1943

120-34 Queens Boulevard, Suite 420, Kew Gardens, NY 11415

nyabortion.com

Medication abortion up to 10 weeks of pregnancy and procedural abortion up to 24 weeks of pregnancy. The Gentle Touch Procedure (manual aspiration) is provided up to 10 weeks of pregnancy using local anesthesia. Other procedures are provided from 10 to 24 weeks of pregnancy. Many commercial health insurance plans, as well as Medicaid, are accepted and financial assistance may be available through abortion funds.

CHOICES Women’s Medical Center

(718) 786–5000

147-32 Jamaica Avenue, Queens, NY 11435

choicesmedical.com

Medication abortion up to 10 weeks of pregnancy and procedural abortion up to 24 weeks of pregnancy, no matter your personal circumstances, your income, or your age. General anesthesia and deep sedation are available. Commercial health insurance and New York State Medicaid are accepted, and you can apply for Emergency Medicaid in their office the same day. If you are uninsured and do not qualify for Emergency Medicaid, CHOICES also works with abortion funds that may provide financial assistance.

Planned Parenthood, Diane L. Max Health Center

(212) 965–7000

21-41 45th Road, Queens, NY 11101

plannedparenthood.org/health-center/new-york/queens/11101/diane-l-max-health-center-4184-91110

Medication abortion up to 11 weeks of pregnancy and procedural abortion up to 15 weeks and six days of pregnancy. Many commercial health insurance plans and New York State Medicaid are accepted, and the Health Center offers sliding-scale fees.

ONSITE—Hospitals & Hospital-based Centers

ColumbiaDoctors Family Planning

(212) 305–9368

columbiadoctors.org/specialties/obstetrics-gynecology/our-services/family-planning

Offers abortion, miscarriage management, and contraception services. Select commercial health insurance plans and New York State Medicaid are accepted. If you do not have insurance, they can help with a payment plan.

Maimonides Medical Center

(718) 283–8959

4802 Tenth Avenue, Brooklyn, NY 11219

maimo.org/epac-early-pregnancy-assessment-center

Provides pregnancy options counseling, abortion, miscarriage management, and contraception services. Medication abortion is offered up to 11 weeks of pregnancy; procedural abortion is offered up to 24 weeks of pregnancy. Accepts many commercial health insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. If you are uninsured or underinsured, you may be eligible for financial assistance from abortion funds.

Montefiore Medical Center

(718) 405–8260

1695 Eastchester Road, Suite 302, Bronx, NY 10461

montefioreeinstein.org/patient-care/services/womens

Montefiore Medical Center provides abortion and contraception services. Medication abortion is offered up to 10 weeks of pregnancy and procedural abortion is offered up to 20 weeks of pregnancy. Montefiore Einstein accepts many commercial health insurance plans and Medicaid. If you are uninsured, financial services counselors can help to determine if you are eligible for Medicaid, Child Health Plus, or a Marketplace health insurance plan. Payment plans and reduced fees based on income and family size may also be available if there is financial need.

Mount Sinai

Main Number: (800) 637–4624

mountsinai.org/care/obgyn/services/family-planning

Medication and procedural abortion services. Medication abortion

is offered up to 10 weeks of pregnancy, and procedural abortion is offered up to 26 weeks of pregnancy or beyond for patients who are experiencing severe maternal or fetal conditions. A variety of pain management options are available. Accepts many private insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. If you are uninsured, financial assistance may be available and Mount Sinai works with abortion funds to help cover the cost of abortion care.

- Mount Sinai Doctors, 50 West 77th Street, 1st Floor, New York, NY 10024 | (646) 628-7792
- Mount Sinai Hospital, 1 Gustave L. Levy Place, New York, NY 10029-6574 | (212) 241-4569
- Mount Sinai Morningside, 1111 Amsterdam Avenue, New York, NY 10025 | (646) 628-7792
- Mount Sinai West, 1000 Tenth Avenue, 2nd Floor 2H, New York, NY 10019 | (646) 628-7792

Northwell Health

(888) 321-3627

northwell.edu/obstetrics-and-gynecology/treatments/family-planning-and-contraception

Medication and procedural abortion, miscarriage management, contraception, and IUD/ contraceptive implant services. Medication abortion is offered up until 11 weeks, and procedural abortion is offered up to 26 weeks of pregnancy for any reason and beyond if there are severe maternal health conditions or fetal anomalies. Procedures include suction aspiration and dilation and evacuation (D&E). Local anesthesia, oral pain-relieving medications, and anesthesia are available, depending on the procedure. Accepts select commercial health insurance plans, Medicaid, and the Essential Plan. Call the main number above or a location below to schedule an appointment or to confirm that your insurance is accepted, and to discuss financial assistance options if needed.

- Northwell Health Physician Partners
Obstetrics and Gynecology at East 64th Street
225 E. 64th Street, LL Suite B, New York, NY 10065
(646) 905-3900
- Northwell Health Physician Partners
Obstetrics and Gynecology at East 69th Street
220 E. 69th Street, Ground Level, New York, NY 10021
(212) 288-3080

- Northwell Health Physician Partners
Obstetrics and Gynecology at Kew Gardens
80-02 Kew Gardens Road, Suite 403, Kew Gardens, NY 11415
(929) 485-0350
- The Center for Women's Health
440 Seaview Avenue, Staten Island, NY 10305
718) 226-6550
- Lenox Hill Hospital
100 E. 77th Street, New York, NY 10075
(212) 434-2000
- Staten Island University Hospital
475 Seaview Avenue, Staten Island, New York 10305
(718) 226-9000

New York-Presbyterian (NYP)

(877) 697-9355

nyp.org/womens/pregnancy-and-birth/family-planning

Provides medication and procedural abortion services. Procedural abortion is offered up to 23 weeks and six days without restrictions and beyond 24 weeks for approved medical reasons. NYP accepts many health insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. If you are uninsured, they provide assistance with enrolling in Medicaid and sliding scale fees and self-pay discounts.

- NYP Brooklyn Methodist Hospital
506 6th Street, Brooklyn, NY 11215
(718) 780-3000 Main | (718) 499-2273 Physician Referral
- NYP Allen Hospital
5141 Broadway (at 220th Street), New York, NY 10034
(212) 932-4000 Main | (866) 697-2553 Find a Doctor
- NYP/Columbia University Irving Medical Center
622 West 168th Street, New York, NY 10032
(212) 305-2500 Main | (866) 697-2553 Find a Doctor
- NYP Lower Manhattan Hospital,
170 William Street, New York, NY 10038
(212) 312-5000 Main
- NYP/Weill Cornell Medical Center
525 East 68th Street, New York, NY 10065
(212) 746-5454 Main
- NYP Queens
56-45 Main Street, Flushing, NY 11355
(718) 670-2000 Main | (800) 282-6684 Physician Referral

NYC Health + Hospitals

(844) 692-4692

nychealthandhospitals.org/services/abortion-care

There are 11 NYC Health + Hospitals acute care facilities that provide medication and procedural abortion services. Medication abortion is offered up to 11 completed weeks, and procedural abortion is offered within the parameters of New York State law. Local anesthetic, oral or injectable medications, moderate sedation, and deep sedation and general anesthesia are available forms of pain management, based on the procedure. They accept many health insurance plans, New York State Medicaid, and Medicaid. If you are uninsured or unable to use your insurance, financial counselors can help enroll you in Medicaid, help get assistance from abortion funds to help cover the cost of care, or connect you to NYC Care, a health care access program that guarantees low-cost and no-cost services to New Yorkers who do not qualify for or cannot afford health insurance, regardless of immigration status. Locations:

- NYC Health + Hospitals/Jacobi
1400 Pelham Parkway South, Bronx, NY 10461
- NYC Health + Hospitals/Lincoln
234 East 149th Street, Bronx, NY 10451
- NYC Health + Hospitals/North Central Bronx
3424 Kossuth Avenue, Bronx, NY 10467
- NYC Health + Hospitals/Kings County,
451 Clarkson Avenue, Brooklyn, NY 11203
- NYC Health + Hospitals/South Brooklyn Health
2601 Ocean Parkway, Brooklyn, NY 11235
- NYC Health + Hospitals/Woodhull
760 Broadway, Brooklyn, NY 11206
- NYC Health + Hospitals/Bellevue
462 1st Ave., New York, NY 10016
- NYC Health + Hospitals/Harlem
506 Lenox Ave., New York, NY 10037
- NYC Health + Hospitals/Metropolitan
1901 First Avenue, New York, NY 10029
- NYC Health + Hospitals/Elmhurst
79-01 Broadway, Elmhurst, NY 11373
- NYC Health + Hospitals/Queens
82-68 164th Street, Queens, NY 11432

NYU Langone Health

(929) 455-2500

nyulangone.org/care-services/obstetrics-gynecology/family-planning-services

Medication abortion is offered up to 11 weeks of pregnancy. Procedural abortion is offered up to 26 weeks and six days of pregnancy for any indication, or beyond for severe maternal health conditions or fetal anomalies. Procedures include suction aspiration, dilation and curettage (D&C), and dilation and evacuation (D&E). Local anesthesia and deep sedation are available. Accepts many commercial health insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. Make an appointment at the main number above or at these specific locations:

- NYU Langone Obstetrics and Gynecology Associates,
159 E. 53rd Street, 4th Floor, New York, NY 10022
(646) 929-7870
- NYU Steinberg Ambulatory Care Center-Cobble Hill,
70 Atlantic Avenue, 2nd Floor, Brooklyn, NY 11201
(347) 417-8269
- NYU Langone Kimmel Pavilion
424 E. 34th Street, New York, NY 10016
(212) 263-7300
- NYU Langone Tisch Hospital
550 First Avenue, New York, NY 10016
(646) 929-7870
- NYU Langone Hospital-Brooklyn
150 55th Street, Brooklyn, NY 11220
(718) 630-7000

Weill Cornell Medicine Complex Family Planning

(646) 962-4646

weillcornell.org/services/obstetrics-and-gynecology/complex-family-planning

Offers medication abortion in the first trimester of pregnancy and procedural abortion through 23 weeks and six days estimated gestation of pregnancy. General anesthesia is available for procedural abortions. Accepts many insurance plans, New York State Medicaid, and the Essential Plan.



State Senator

Brad Hoylman-Sigal

47TH DISTRICT: Serving Greenwich Village, Chelsea, Hell's Kitchen, and the Upper West Side

DISTRICT OFFICE:

322 Eighth Avenue
Suite 1700
New York, NY 10001
(212) 633-8052

ALBANY OFFICE:

Legislative Office Building
Room 310
Albany, NY 12247
(518) 455-2451

WEB: hoylman.nysenate.gov

EMAIL: hoylman@nysenate.gov

SOCIAL:  @Senator Brad Hoylman-Sigal