

STATE	BC Coverage Mandate?	OPTUM	OPTUM EMERGENCY	LEMONAID	LEMONAID EMERGENCY
Alabama			X	X	X
Alaska			X	X	X
Arizona	X	X	X	X	X
Arkansas	X	X	X	X	X
California	X	X	X	X	X
Colorado	X	X	X	X	X
Connecticut	X	X	X	X	X
Delaware	X	X	X	X	X
Florida		X	X	X	X
Georgia	X		X	X	X
Hawaii	X		X	X	X
Idaho			X	X	X
Illinois	X		X	X	X
Indiana		X	X	X	X
Iowa	X		X	X	X
Kansas		X	X	X	X
Kentucky			X	X	X
Louisiana			X	X	X
Maine	X		X	X	X
Maryland	X	X	X	X	X
Massachusetts	X	X	X	X	X
Michigan	X		X	X	X
Minnesota		X	X	X	X
Mississippi			X	X	X
Missouri	X	X	X	X	X
Montana	X		X	X	X
Nebraska			X	X	X
Nevada	X	X	X	X	X
New Hampshire	X		X	X	X
New Jersey	X	X	X	X	X
New Mexico	X	X	X	X	X
New York	X	X	X	X	X
North Carolina	X		X	X	X
North Dakota			X	X	X
Ohio	X	X	X	X	X
Oklahoma			X	X	X
Oregon	X	X	X	X	X
Pennsylvania		X	X	X	X
Rhode Island	X		X	X	X

South Carolina	X		X	X	X
South Dakota			X	X	X
Tennessee	X		X	X	X
Texas	X	X	X	X	X
Utah	X	X	X	X	X
Vermont	X		X	X	X
Virginia	X	X	X	X	X
Washington	X	X	X	X	X
West Virginia	X	X	X	X	X
Wisconsin	X		X	X	X
Wyoming			X	X	X
TOTAL		25	50	50	50
			must do a plan		perscription

[illegible]

X	X	X	X	X		X
X	X	X	X	X		X
X	X	X	X	X		X
X	X	X	X	X		X
X	X	X	X	X		X
X	X	X	X	X		
X	X	X	X	X		X
X	X	X	X	X		X
	X	X	X	X		
	X	X	X	X		X
X	X	X	X	X		X
41	50	48	48	50	0	35

& ALL TERRITORIES

PERSCRIPTION SUGGESTS

does not provide

NURX EMERGENCY	PANDAID	PANAID EMERGENCY	THE LOWDOWN	CONSCIENCE CLAUSE
X	X	X	X	
			X	
X	X	X	X	Expansive
			X	Broader
X	X	X	X	Limited
X	X	X	X	None
X			X	Expansive
			X	Expansive
X	X	X	X	
X	X	X	X	None
			X	Expansive
			X	
X	X	X	X	Almost unlimited
X			X	
X			X	None
			X	
X			X	
X			X	
X			X	Broader
X			X	Expansive
X			X	Broader
X	X	X	X	Broader
X	X	X	X	
			X	
X			X	Almost unlimited
X			X	None
X			X	
X	X	X	X	Expansive
X			X	None
X			X	Broader
			X	Expansive
X	X	X	X	Limited
X			X	Broader
			X	
X	X	X	X	None
			X	
X	X	X	X	Limited
X	X	X	X	
X			X	Broader

SOURCES:

<https://www.>

<https://www.>

<https://www.>

<https://aca.>

X			X	None
X			X	
X			X	None
X	X	X	X	None
X			X	None
			X	None
X			X	None
X			X	None
			X	Expansive
X			X	
X	X	X	X	
38	16	16	50	

SUGGESTS

SUGGESTION ONLY

v.guttmacher.org/sites/default/files/research_article/file_attachments/4602314.pdf

STATE	TOTAL
New Mexico	3
Indiana	4
Arkansas	4
Delaware	4
Hawaii	4
West Virginia	4
Vermont	4
Alaska	4
Idaho	4
Kansas	4
Mississippi	4
North Dakota	4
Oklahoma	4
Missouri	5
Maine	5
Massachusetts	5
North Carolina	5
Rhode Island	5
Connecticut	5
Maryland	5
Iowa	5
New Jersey	5
Montana	5
New Hampshire	5
South Carolina	5
Tennessee	5
Utah	5
Virginia	5
Washington	5
Wisconsin	5
Kentucky	5
Louisiana	5
Nebraska	5
South Dakota	5
Illinois	6
Michigan	6
Arizona	6
Nevada	6
California	6
New York	6
Oregon	6

#

	state	estimate
50	whyoming	584,057
49	vermont	647,464
48	alaska	733,406
47	north dakota	783,926
46	south dakota	919,318
45	deleware	1,031,890
44	rhode island	1,095,962
43	montana	1,132,812
42	maine	1,395,722
41	new hampshire	1,402,054
40	hawaii	1,435,138
39	west virginia	1,770,071
38	idaho	1,964,726
37	nebraska	1,978,379
36	new mexico	2,114,371
35	mississippi	2,939,690
34	kansas	2,940,546
33	arkansas	3,067,732
32	nevada	3,194,176
31	iowa	3,207,004
29	conneccitut	3,617,176
28	oklahoma	4,053,824
27	oregon	4,233,358
26	kentucky	4,526,154
25	lousiana	4,573,749
24	alabama	5,108,468
23	south carolina	5,373,555
22	minnesota	5,737,915
21	colorado	5,877,610
20	wisconsin	5,910,955
20	utah	3,417,734
19	maryland	6,180,253
18	missouri	6,196,156
17	indiana	6,862,199
16	massachusets	7,001,399
15	tennessee	7,126,489
14	arizona	7,431,344
13	washington	7,812,880
12	virginia	8,715,698
11	new jersey	9,290,841
10	michigan	10,037,261

Colorado	6
Georgia	6
Ohio	6
Texas	6
Alabama	6
Florida	6
Minnesota	6
Pennsylvania	6
Wyoming	6

TOTAL

9	north carolina	10,835,491
8	georgia	11,029,227
7	ohio	11,785,935
6	illinois	12,549,689
5	pennsylvania	12,961,683
4	new york	19,571,216
3	flordia	22,610,726
2	texas	30,503,301
1	california	38,965,193

census

576,851

643,077

733,391

779,094

886,667

989,948

1,097,379

1,084,225

1,362,359

1,377,529

1,455,271

1,793,716

1,839,106

1,961,504

2,117,522

2,961,279

2,937,880

3,011,524

3,104,614

3,190,369

3,605,944

3,959,353

4,237,256

4,505,836

4,657,757

5,024,279

5,118,425

5,706,494

5,773,714

5,893,718

3,271,616

6,177,224

6,154,913

6,785,528

7,029,917

6,910,840

7,151,502

7,705,281

8,631,393

9,288,994

10,077,33

wall states

Alabama

Alaska

Idaho

Kansas

Kentucky

Louisiana

Mississippi

Nebraska

North Dakota

Oklahoma

South Carolina

South Dakota

Tennessee

Texas

Utah

Wyoming

California

Connecticut

Delaware

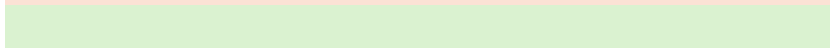
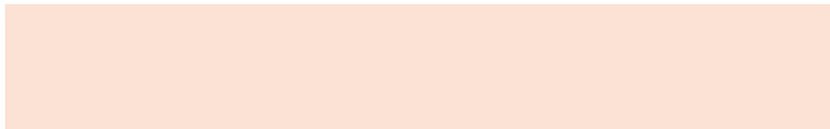
no correlation between state political bias

clear correlation between the populations of states

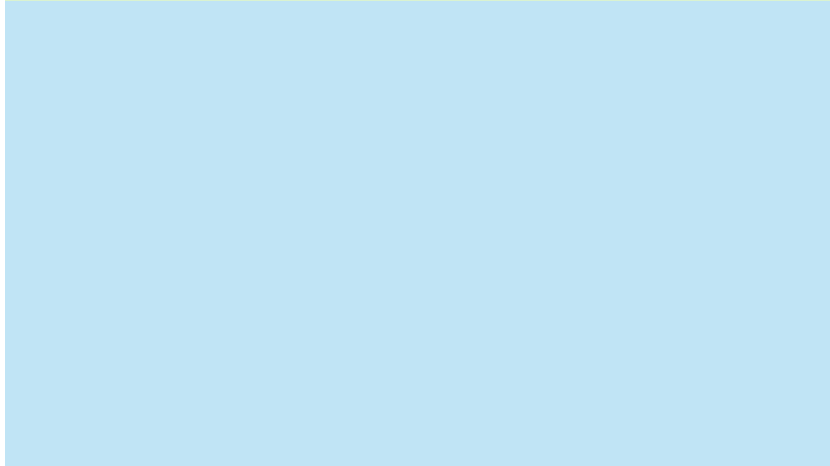
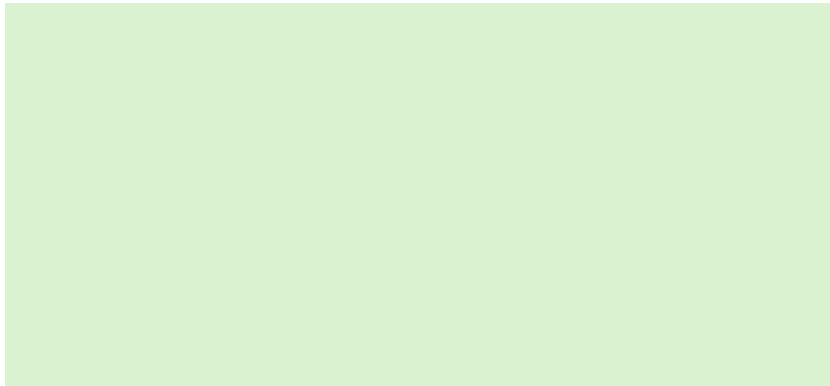
10,439,38	Hawaii
10,711,90	Illinois
11,799,44	Maryland
12,812,50	Massachusetts
13,002,70	New Jersey
20,201,24	New York
21,538,18	Rhode Island
29,145,50	Vermont
39,538,22	Washington

STATE	TOTAL	#
Alaska	4	
Hawaii	4	
New Hampshire	4	
Idaho	5	
Indiana	5	
Louisiana	5	
Mississippi	5	
North Dakota	5	
Oklahoma	5	
Arkansas	5	
New Mexico	5	
Rhode Island	5	
Vermont	5	
West Virginia	5	
Wisconsin	5	
Kansas	6	
Kentucky	6	
Nebraska	6	
South Dakota	6	
Delaware	6	
Iowa	6	
Maine	6	
Montana	6	
North Carolina	6	
South Carolina	6	
Tennessee	6	
Alabama	7	
Wyoming	7	
Arizona	7	
Connecticut	7	
Georgia	7	
Illinois	7	
Maryland	7	
Massachusetts	7	
Michigan	7	
Missouri	7	
New Jersey	7	
Utah	7	
Virginia	7	
Washington	7	
Florida	8	

state	estimate	census
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17 indiana	6,862,199	6,785,528
16 massachus	7,001,399	7,029,917
15 tennessee	7,126,489	6,910,840
14 arizona	7,431,344	7,151,502
13 washington	7,812,880	7,705,281
12 virginia	8,715,698	8,631,393
11 new jersey	9,290,841	9,288,994
10 michigan	10,037,26	10,077,33



pretty good corelation between states and population
could be even better corelation between rural clasification



STATE	BC Coverage Mandate?	OPTUM	LEMONAID	TWENTYEIGHT	ALPHA
Alaska			X		X
Hawaii	Y		X		X
New Hampshire	Y		X		X
Idaho			X	X	X
Indiana		X	X		
Louisiana			X		X
Mississippi			X	X	X
North Dakota			X	X	X
Oklahoma			X	X	X
Arkansas	Y	X	X		X
New Mexico	Y	X	X	X	
Rhode Island	Y		X		X
Vermont	Y		X	X	X
West Virginia	Y	X	X		X
Wisconsin	Y		X		X
Kansas		X	X	X	X
Kentucky			X	X	X
Nebraska			X	X	X
South Dakota			X	X	X
Delaware	Y	X	X	X	X
Iowa	Y		X	X	X
Maine	Y		X	X	X
Montana	Y		X	X	X
North Carolina	Y		X	X	X
South Carolina	Y		X	X	X
Tennessee	Y		X	X	X
Alabama			X	X	X
Wyoming			X	X	X
Arizona	Y	X	X	X	X
Connecticut	Y	X	X	X	X
Georgia	Y		X	X	X
Illinois	Y		X	X	X
Maryland	Y	X	X	X	X
Massachusetts	Y	X	X	X	X
Michigan	Y		X	X	X
Missouri	Y	X	X	X	X
New Jersey	Y	X	X	X	X
Utah	Y	X	X	X	X
Virginia	Y	X	X	X	X
Washington	Y	X	X	X	X

Florida		X	X	X	X
Minnesota		X	X	X	X
Pennsylvania		X	X	X	X
California	Y	X	X	X	X
Colorado	Y	X	X	X	X
Nevada	Y	X	X	X	X
New York	Y	X	X	X	X
Ohio	Y	X	X	X	X
Oregon	Y	X	X	X	X
Texas	Y	X	X	X	X
TOTAL		25	50	41	48

HERS	NURX	PANDAID	THE LOWDOWN	CONSCIENCE CLAUSE	TOTAL
X			X		4
X			X	Expansive	4
X			X	None	4
X			X		5
X	X		X		5
X	X		X		5
X			X		5
X			X		5
X			X		5
X			X	Broader	5
X			X	Expansive	5
X	X		X	Broader	5
X			X	None	5
X			X	Expansive	5
X	X		X		5
X			X		6
X	X		X		6
X	X		X		6
X	X		X		6
X			X	Expansive	6
X	X		X	None	6
X	X		X	Broader	6
X	X		X	None	6
X	X		X	Broader	6
X	X		X	None	6
X	X		X	None	6
X	X	X	X		7
X	X	X	X		7
X		X	X	Expansive	7
X	X		X	Expansive	7
X	X	X	X	None	7
X	X	X	X	Almost unlimited	7
X	X		X	Expansive	7
X	X		X	Broader	7
X	X	X	X	Broader	7
X	X		X	Almost unlimited	7
X	X		X	Broader	7
X	X		X	None	7
X	X		X	None	7
X	X		X	None	7

X	X	X	X		8	
X	X	X	X		8	
X	X	X	X		8	
X	X	X	X	Limited	8	
X	X	X	X	None	8	
X	X	X	X	Expansive	8	
X	X	X	X	Limited	8	
X	X	X	X	None	8	
X	X	X	X	Limited	8	
X	X	X	X	None	8	
50	36	16	50			

SUGGESTS

SUGGESTS

SUGGESTION ONLY

Title	Medical News Today	Greatist
Listed Companies	Alpha	
	Hers	Alpha
	Lemonaid	PlushCare
	Nurx	Lemonaid
	Optum Perks	SimpleHealth
	Pandia Health	Wisp
	Planned Parenthood Direct	Hers
	Twentyeight Health	Nurx
	Wisp	Virtuwell

Healthline

- Optum
- Lemonaid
- Nurx Birth Control
- Hers
- Twentyeight Health
- Wisp
- Pandia Health
- Planned Parenthood Direct

NURIX	OPTUM	LEMONAID	HERS	WISP
state	first name	zip code	Do you know what type of birth control you want? What are you looking for from your birth control? (Options)	primary goal for birth control?
email address	last name	sex		method? (oral, patch, ring)
gender	birthday	birthday	state	looking for acne control?
sex	sex	email address	DOB	choose from options
birthday	zip code	brand you want	email address	one time or recurring treatment?
height	previous consult?	goals for using	birth control status (first time, refilling, etc)	experience hormonal acne? (option to add acne patches)
weight	what is your usage goal?	reason for using service provider	seeking to prevent pregnancy?	add emergency contraception?
nicotine usage frequency	weight	do you want emergency contraception also?	current method	add wellness essentials?
first time using birth control	high blood pressure?	systolic blood pressure number?	have you taken BC pills in the past?	experiencing fever or abdominal/back pain?

what form do you want	medical conditions?	diastolic blood pressure number?	were the pills mono, bi or triphasic?	exposed to STD/STI?
pregnant/breastfeeding/ child in the last 6 weeks/none	blood clot condition?	any major medical events?	breakthrough bleeding?	location of symptoms
high blood pressure	PMDD or PCOS?	cigarette usage	gender	sex assigned at birth?
blood pressure read in the last 6 months	migranes?	breastfeedings	sex assigned at birth	experiencing any of these symptoms? (choose from list)
blood pressure reading	other medical conditions?	given birth in last 6 weeks	first day of last menstrual period	option to get one- time consultation (\$69)
have had any disease	hospitalization or surgeries?	abnormal bleeding	possibility of pregnancy?	

name of disease if any	taking what medications?	irregular periods lately	given birth in last 6 weeks?
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autoimmune condition?	any suppliments?	wheelchair user?	currently breastfeeding?
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name of autoimmune condition	current form of birth control?	heart realted medical condition of any kind?	over the past 6 months, any problems (abnormal bleeding, other) with period?
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have had any surgeries	taken birth control before?	migranes	diagnosed with PMDD or PCOS?
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blood clot condition?	first day of last cycle	depression or anxiety?	ever had any STIs?
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goal of using	last period different at all?	suppliments or vitamins?	experience migraine headaches?
			any pre-existing conditions? (asthma, arthritis, lung disorder, blood pressure disorder, neuro disorder/chronic headaches, blood transfusion, psychiatric illness, bowel or stomach issues, cholesterol disorder, seizures/epilepsy, thyroid disorder, eye disorder, urinary/kidney disorder, cancer, diabetes, stroke, heart disease, liver problems, gallbladder issues, blood clotting disorder, lupus
current medication names	how often are your periods?	medicine allergies	
other medical conditions?	any problems in the last 6 months	pronouns	any of the following conditions related to blood clots? (BCD. PE, PVT)
last test for sti's	posibility of pregnancy	gender	taking any medications (choose from list)
drug allergies?	currently breastfeeding	password	any other prescription or over the counter medications?

non-drug allergies?	alergic to medicaitons	security question	other medical conditions?
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reactions to birth control	current tobacco use	security answer	hospitalizations or surgeries?
any other medial history	self introduction		allergic to any medications?

how pay: out-of-pocket or insurance	email address	currently use tobacco or nicotine products?
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id photo - will accept student id	password	average alcohol consumption
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phone number	do you know your blood pressure?
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sms text code or
call

BP reading (last 6 months)

anything else provider
should know?

BC method (pills only)

shipment frequency

shipping info and address
(has to be real...)

phone number, option to
sign up for texts

upload photo of ID

PANDIA HEALTH	TWENTYEIGHT HEALTH	PLANNED PARENTHOOD DIRECT	ALPHA
---------------	-----------------------	---------------------------------	-------

email

email address

email address

password

state

password

first name

date of birth

dob

last name

height

phone

DOB

weight

first name

mobile number

sex

last name

what do you hope to achieve with Hello Alpha? (Your health goals: get treatment, manage a chronic condition, change a habit, etc.)

state of residence

current birth control method

Which birth control method(s) have you used previously?

membership options (29/month & 64/month) or continue without membership

new prescription - online consultation \$30

Primary reason for using birth control

how often do you
get your period?

**birth control
consultation
questions:**

have you ever been
told my a medical
professional not to
take hormones?

state currently
located in

do any of the
following apply to
you? (i am
pregnant, i have
delivered a baby in
the last 6 weeks ...)

sex

would you like to
become pregnant
in the next year?

do you have health
insurance?

are you a current
smoker? (yes-
cigarettes or yes- e-
cig with nicotine)
have you ever been
diagnosed with
migraines with
auras?

height

weight

do you experience
visual changes
(see lines, spots,
or lose your vision),
sensory changes
(numbness or
tingling), or have
difficulty
speaking/slur your
words either before
or during a
headache?
do you have any
gynecologic
conditions?
have you had
surgery in the past
6 weeks or have
surgery planned
within the next
month?

reason for seeking
birth control

do you use tobacco
products?

first day of your last
menstrual period

do you have any of
the following
conditions?
(bariatric surgery,
stomach reduction
surgery, crohn's
disease or
ulcerative colitis,
etc.)

how many days
apart are your
periods

do you have any
drug allergies?

have you had
sexual intercourse
since your last
period

are you currently
taking any
medications?

have you been
correctly and
consistently using
a reliable form of
contraception?

have you had your
blood pressure
measured in the
past 6 months?

do you currently
use any form of
birth control

insurance info (if
using insurance)-
can upload photo
card or type info

are there any other
medications or
herbal treatments
you use every day?

preferred birth
control method

have you been
prescribed birth
control before?

have you had your
blood pressure
measured in the
last month?
please choose the
birth control
method that you
prefer.

do you have a birth
control brand you'd
like to avoid?

do you know which
birth control pill
you want?
option to add
emergency birth
control (generic
plan b on step for
\$25, Ella for \$50 or
None)
racial or ethnic
heritage

do any of the
following apply to
you (pregnant, had
baby less than 6
months ago,
miscarriage, had
child in last 6
weeks, had
cardiomyopathy)

do you have or
have you had any
of the following
conditions (cancer,
type 1 diabetes,
type 2 diabetes,
stroke, heart
disease, liver
conditions, gall
bladder conditions,
etc.)

have you had any
of these conditions
related to blood
clots?

do you have any
other current or
past medical
conditions? (acid
reflux, acne
allergies, etc.)

do you have a
history of the
following
surgeries?
(appendix
removal, bariatric
surgery, bowel
resection,
hysterectomy, joint
procedure)
do you have a
family history of any
medical
conditions?

which prescription
medications are
you currently
taking?

which over the
counter
medications,
vitamins, minerals,
and supplements
are you currently
taking?
(section to add
another
medication)

do you have an
allergy or
intolerance to any
of the following
medications,
foods, or products?

do you have a
primary care
provider other than
your alpha primary
care provider?
pronouns
address
city
state
zip code