Telehealth has proven to be a viable option for many people to obtain birth control. Telehealth can especially help overcome some of the common barriers associated to not being able to access contraception, such as transportation, cost, childcare, and taking time off from work.

### Survey Results

- **77%** of respondents agree that telehealth is a useful method to get birth control when in-person visits with a provider are not possible.
- **67%** of respondents agree telehealth is an acceptable way to receive birth control.
- **57%** of respondents reported they were likely to talk to their health care provider about telehealth options available to them in the next 6 months.
- **36%** of respondents reported being able to explain what telehealth is.
- **25%** of respondents understood they could use telehealth even without insurance.
- **24%** of respondents knew how to find a telehealth provider.

While telehealth can play an important role, many people still lack reliable internet in order to access telehealth services, and too many people lack information regarding how to use it.

Data presented here are drawn from a national survey conducted by Ask Your Target Market (AYTM), which surveyed 500 women in the U.S. between the ages of 18-29 in May 2020.