Navigating Abortion Care

A guide for Asian American, Native Hawaiian, and Pacific Islander communities

napawf
NATIONAL ASIAN PACIFIC AMERICAN WOMEN'S FORUM

Ibis Reproductive Health



Updated October 2026

This guide is here to help you prepare for an abortion, understand your options, ask questions, protect your privacy, and find support.

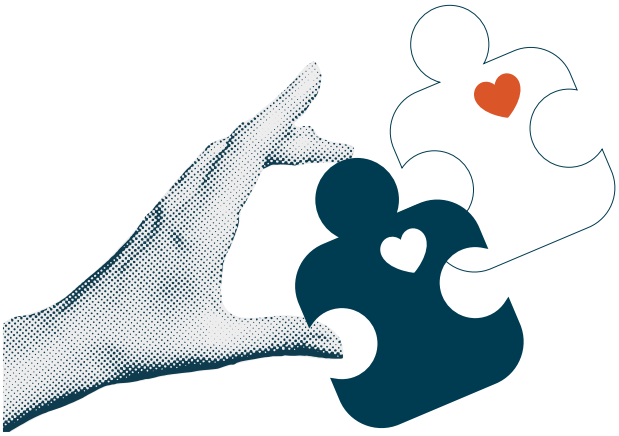
These recommendations were based on focus group conversations and key informant interviews that the National Asian Pacific American Women's Forum (NAPAWF) held with Asian American, Native Hawaiian, and Pacific Islander (AANHPI) abortion seekers and providers.

In addition to the information shared below, it's also important to note that abortion laws vary from state to state and can change. If you don't know what the current laws are where you live, you can find out **here.** You can also reach out to a qualified legal service provider with any questions about your specific legal situation.

Regardless of where you live or where you're from, you deserve the kind of care that listens to you, protects your privacy, explains your options clearly, and supports you in making the decision that is right for you.

You can find further resources at the end of this guide, including information on how to find care, pay for care, and where you can go with any legal or medical questions.

1. Everyone should have care that understands their needs.



If you are more comfortable discussing your care in a language other than English, you can ask whether a qualified professional interpreter is available. You do not have to rely on a family member or friend to interpret for you if you would prefer a professional interpreter. To support you during an abortion, ask your provider whether patient navigators, who can help you navigate the health care system, or abortion doulas, who offer physical and emotional support, are available.

You can ask:

- Is there someone who can help me navigate my care?
- Can I have a professional interpreter instead of using my family member?
- Can I speak with the interpreter privately?
- If an interpreter is not available, what other options do I have?

2. Get the information you need to make informed decisions.

Ask your provider to explain the abortion options that are clinically appropriate for you. Depending on your circumstances, abortion may involve medication or a procedure. Your provider should explain what to expect, including:

- How each type of abortion care works
- Expected pain, cramping, and bleeding
- Possible side effects and complications
- What recovery looks like
- When and how to get follow-up care
- When to seek medical attention

If an explanation is unclear, you can ask your provider to go through it again or explain it in your preferred language. You can also ask whom to contact if questions come up after you leave.

You can ask:

- What can I expect after my abortion?
- What symptoms are normal, and what symptoms should I get medical care for?
- I'm concerned about [name your concern: taking care of my children, privacy, the level of pain I might experience, etc.] during/after the abortion. What can I expect? What options or support might be available to me?
- Who should I contact if I have questions or concerns afterward?

3. You deserve support before, during, and after your abortion.

Your experience can be affected by more than just medical care. Transportation, childcare, emotional support, and having a safe place to recover makes a difference. Your provider can also connect you with more practical resources such as transportation assistance, financial support, and other community resources. You can also find a list of resources at the end of this guide.

Support with paying for your abortion and getting to your appointment may also be available outside your clinic. Abortion funds are organizations that may be able to help with the cost of your abortion or practical needs such as travel and childcare, depending on where you live and what resources are available.

If you are experiencing abuse, sexual assault, or another situation that makes navigating this process difficult, you can tell your provider if it feels safe to do so. You can also ask for support without sharing details you are not comfortable discussing.

You can ask:

- How much will I pay, and is help available?
- Are there resources that can help with transportation or childcare?
- What support services are available?

4. Your privacy and safety matter.

You may have concerns about your abortion information being shared with family members, community members, or immigration authorities. Generally, health care providers and insurers cannot disclose your protected health information without your written consent.

The Health Insurance Portability and Accountability Act (HIPAA) is one law that protects the privacy of certain health information in a medical and health insurance context. HIPAA's protections do not extend to non-medical contexts, such as menstrual tracking apps, or to most crisis pregnancy centers (CPCs). CPCs do not provide abortion care, prenatal care, birth control, or medical referrals to abortion providers. Many misrepresent the services they offer and use deceptive messaging to attract patients, often providing misleading or medically inaccurate information about abortion care.

Privacy protections for minors and young adults are more complicated. If you are a minor, parents and guardians often have the right to access your medical records. Many states also have **parental involvement laws**, which means that one or both of your parents or guardians must be notified and/or provide consent for you to have an abortion.

Insurance coverage can also complicate abortion privacy for minors and young adults. Because of the Affordable Care Act (ACA), adults can stay on their parent's health insurance plans until they turn 26, and some states allow people to stay on their parent's plan for longer. However, when a young adult accesses an insurance-covered abortion through their parent's

plan, the plan sends the parent an Explanation of Benefits (EOB), which explains services (such as abortion) used and paid for by the plan. This can result in a parent finding out that you had an abortion and does not violate HIPAA. HIPAA does allow you to ask the health insurance plan to send the EOB directly to you instead of your parent, but they do not have to honor this request. Depending on your state's Medicaid rules, your income, and your age, you may be able to enroll in Medicaid coverage to access insurance for abortion without your parent or guardian being notified.

You can always ask your health care provider about how your information is collected, stored, and protected. If you share a phone, insurance plan, mailing address, or patient portal with someone else, ask the clinic how appointment reminders, bills, insurance notices, and test results may appear. You can also let your provider know how you want them to contact you. For example, you can ask them not to leave you a voicemail, send a text, or mail information if doing so could put your privacy or safety at risk.

In most situations, health care providers cannot share your medical records just because a government, immigration, or law enforcement official requests them. There are exceptions, and whether information can be shared depends on the kind of request and who makes it. You can ask your provider what they would do if immigration or law enforcement officials requested your information. Ask whether the clinic has a policy for responding to immigration enforcement and what steps the clinic takes to protect patient information.

You can ask:

- Who will have access to my medical information?
- Does your clinic have a policy for responding to immigration enforcement?
- Why do you need this information?
- Can I use a different phone number or contact method?
- Will using my insurance send a notice to anyone else?
- Who can see messages in my patient portal?

Finding Help

Finding Help

- **I Need an A:** Find verified abortion clinics and abortion pills by mail safely and privately
- **A Teen's Guide to Accessing Abortion:** This resource from I Need an A covers issues specific to minors seeking abortion care
- **AbortionFinder:** Comprehensive directory of trusted abortion service providers and assistance resources
- **Get Later Care:** Guide to getting abortion care later (after the first trimester) in a pregnancy
- **Later Abortion:** List of clinics that provide abortion care at or after 24 weeks
- **Plan C:** Provides information on how to access abortion pills by mail in every state

Paying for Care

- **National Network of Abortion Funds:** Search for abortion funds that work directly with abortion seekers, assist with costs, and offer logistical support
- **State Abortion Coverage Map:** Information on how each state regulates insurance coverage of abortion in Medicaid, the Affordable Care Act (ACA) Marketplaces, and private insurance

Medical Questions

- **Miscarriage & Abortion Hotline:** Confidential hotline where you can speak with medical professionals about health questions related to abortion or miscarriage

Emotional Support

- **Exhale Pro-Voice:** A confidential text line for nonjudgmental support after an abortion
- **All-Options:** Peer-to-peer counseling and support for pregnancy options, abortion, adoption, parenting, pregnancy loss, infertility, or other reproductive decisions and experiences

Legal Support

- **Know Your Rights:** Provides essential know your rights information for immigrant families deciding to get health care or apply for health insurance
- **If/When/How's Repro Legal Helpline:** Provides legal support related to abortion, pregnancy, birth, parenting, and emergency support if you are contacted by law enforcement or arrested

Privacy

- **Digital Defense Fund's Guide to Abortion Privacy:** Practical guide on abortion privacy, outlining how to minimize digital footprints, secure search histories, and manage device settings safely.
- **Euki:** A secure period-tracking app with sexual and reproductive health information and an in-app browser for searching care options without adding them to your search history.

Note: The information in this guide is intended to help you understand and advocate for your rights but is not legal advice. If you have concerns about your specific immigration or legal situation, please speak with a qualified immigration attorney or accredited legal service provider.