



WHY PROTECTING YOUR REPRODUCTIVE PRIVACY MATTERS

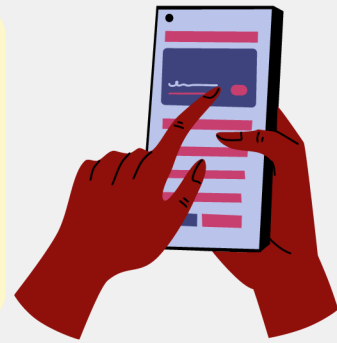
In an era of increasing surveillance and restrictive policies on reproductive rights, it is essential to take proactive steps to safeguard personal health information. This guide provides practical strategies to protect fertility status, pregnancy information, abortion history, menstruation tracking, and reproductive choices from government oversight and data tracking.



1. Avoid Using Period & Fertility Tracking Apps

Many popular period tracker apps **sell user data** or may be subpoenaed in legal cases.

Instead of using an app, consider:
Paper tracking (using a personal journal).
Offline spreadsheet with password protection.
Encrypted notes on your phone.



2. Use Secure Communication for Reproductive Healthcare



- **Avoid discussing reproductive health over unencrypted platforms** like text messages, WhatsApp, Instagram, Facebook or social media.
- Avoid using Gmail or other platforms to message your healthcare provider about these things — ideally, use the phone.
- Avoiding asking ChatGPT or other AI things about pregnancy or abortion — if possible, have a friend do it on their account.
- Use **end-to-end encrypted apps** like **Signal** when discussing sensitive topics.
- Never search for pregnancy-related or abortion-related information on a work or shared device.



3. Limit Digital Footprint & Online Searches

- Use **privacy-focused search engines** like **DuckDuckGo** or **Startpage** instead of Google.
- Avoid clicking on ads for pregnancy tests, abortion services, or fertility-related products.
- Consider using a **VPN (Virtual Private Network)** when looking up reproductive health information.

4. Pay for Pregnancy, Abortion, & Related Purchases in Cash

- Avoid using credit or debit cards to purchase:
 - Pregnancy tests
 - Emergency contraception
 - Abortion medication
 - Fertility-related supplements
 - Menstrual hygiene products (if concerned about tracking)
- **Use cash or prepaid gift cards** to minimize tracking.
- Consider using cash and asking for a sliding scale instead of using insurance with healthcare providers focusing on reproductive health.
- If possible, buy items in person rather than online.

5. Be Cautious with Medical Records & Providers

- Ask your healthcare provider about their data-sharing policies before discussing pregnancy, abortion, or reproductive health.
- If in a restrictive state, consider seeking care from out-of-state or telehealth providers in safer locations.
- Request limited disclosures in your medical records when possible.
- If switching providers, request your records be sent directly to you, not the new provider.
- Do not disclose past abortion procedures unless medically necessary.



6. Know Your Legal Rights & Protections

- HIPAA (Health Insurance Portability and Accountability Act) protects medical privacy, but law enforcement can obtain records with a subpoena.
- You have the right to refuse to disclose pregnancy status, abortion history, or menstruation data unless medically necessary.
- If questioned by authorities, do not volunteer information about reproductive history.



7. Be Mindful of Social Media & Wearable Devices

- Avoid posting menstruation, pregnancy, or abortion-related updates on social media.
- If using a fitness tracker, disable menstrual cycle tracking features.
- Regularly review app permissions to prevent unintentional data collection.

8. Consider Emergency Plans & Support Networks

- If facing legal risks regarding reproductive choices, connect with trusted reproductive justice organizations.
- Keep emergency legal contacts saved securely.
- If traveling for reproductive healthcare, research safe routes and accommodations ahead of time.
- Know which states criminalize abortion and menstruation tracking and take precautions when seeking care.

9. Reproductive Justice Organizations & Resources

Planned Parenthood

www.plannedparenthood.org

Provides reproductive healthcare services, including birth control, STI testing, and abortion services, along with educational resources on reproductive rights.

Repro Legal Helpline (If/When/How)

www.reprolegalhelpline.org

Offers free, confidential legal advice for people navigating reproductive healthcare, abortion access, and legal risks in restrictive states.

National Network of Abortion Funds (NNAF)

www.abortionfunds.org

Provides financial and logistical support to individuals seeking abortion care, including help with transportation and lodging.

Aid Access

www.aidaccess.org

A telemedicine service that offers safe and discreet abortion pill access, particularly for those in restricted areas.

M+A Hotline

www.mahotline.org

A confidential medical hotline staffed by clinicians offering support for self-managed abortion or miscarriage.

National Women's Law Center

www.nwlc.org

Advocates for reproductive rights through legal action and policy change, offering resources on protecting healthcare access.

SisterSong Women of Color Reproductive Justice Collective

www.sistersong.net

Works to advance reproductive justice for women of color and marginalized communities, advocating for equitable healthcare access.