

KNOW YOUR RIGHTS | REPRODUCTIVE FREEDOM CAUCUS

Last Update: August 31, 2025

INTRODUCTION

Due to Congressional Rules, our Caucus is unable to connect you directly with resources provided by non-governmental entities. Please know that additional reproductive care resources may be available to you outside of these lists.

Since the Trump Administration took office, many government reproductive rights resources have been removed, as marked with a strikethrough. As we work to adapt this project to the realities of the new presidential administration, please be aware that some of the remaining Federal resources listed here may have been or may soon be altered to contain misleading, biased anti-abortion information. Please be vigilant if you are utilizing these Federal resources. As information changes, we will continue to update this page.

THE USER ACKNOWLEDGES AND ACCEPTS THE LIMITS OF THE INFORMATION, INCLUDING THE FACT THAT THE CONTENTS ARE DYNAMIC AND IS IN A CONSTANT STATE OF MAINTENANCE, CORRECTION, AND UPDATE. THE CAUCUS COMMITS TO DO EVERYTHING IN ITS POWER TO VERIFY THE INFORMATION PROVIDED AND CORRECT AND POST INFORMATION IN A TIMELY AND ACCURATE MANNER. PLEASE CONTACT OUR CAUCUS WITH SUGGESTIONS FOR THIS PAGE IF YOU ENCOUNTER A DISCREPANCY OR ERROR.

Since the overturning of *Roe v. Wade* in June 2022, abortion laws and access to care have varied substantially from state to state. Some have taken steps to safeguard, and others to restrict, abortion rights and access during that time. In states across the country, voters have also shifted the conversation, voting again and again to maintain and codify the right to abortion in their states.

As we face an unprecedented reproductive health care crisis nationwide, the Congressional Reproductive Freedom Caucus (RFC), formerly Pro-Choice Caucus, is fighting with you and for you. RFC is a group of over 160 Members of the U.S. House of Representatives committed to advancing reproductive rights, freedom, and justice. From moving key legislation forward to amplifying the voices of those around the country demanding action, RFC Members, led by Co-Chairs Diana DeGette (CO-01) and Ayanna Pressley (MA-07) are proud to fight for your reproductive freedom and bodily autonomy.

That is why, in the wake of the 51st anniversary of *Roe v. Wade*, we launched the Know Your Rights Project—to equip our Members with the tools to share comprehensive, current, and community-specific resources with every constituent they serve to help them know their rights and access care and coverage.

We know that abortion care is health care. Reproductive rights are human rights, and you deserve the freedom to make your own medical decisions—including about abortion.

Please review the resources below for information on knowing your rights, understanding Congressional action to advance reproductive freedom, and accessing care. You will also find state-by-state resources from RFC Members.

Know Your Rights & Access Care

On a national, state, and local level, you have rights, and you have options for access to comprehensive reproductive health care, including abortion care. Do you have questions about those rights and options? See the relevant resources below.

Federal: Executive Agencies

National Rights & General Resources

- **Department of Health and Human Services** Reproductive Rights Resource Website [^{*Archived Version}] [HERE](#)
 - **Office of Population Affairs** Reproductive Health Information [HERE](#)
 - **Centers for Disease Control and Prevention**
 - Reproductive Health Tools for Patients and Providers [HERE](#)
 - Data and Statistics [HERE](#)
 - **Health Resources Services Administration** Health Center Information [HERE](#)
 - Find a Health Center [HERE](#)
 - HIPAA and Reproductive Health Privacy Rule Resources [HERE](#)
- ~~Department of Justice~~ Reproductive Rights Task Force Information [^{*Archived Version}] [HERE](#)
- ~~Department of Education~~ Title IX Fact Sheet [HERE](#)
- ~~Department of Defense~~
 - **Military Health System**
 - Reproductive Health Care Resources [HERE](#)
 - Reproductive Health Q&A [HERE](#)
 - **Office of the Under Secretary of Defense for Personnel and Readiness**
 - Updated Reproductive Care Policies [HERE](#)
 - **Office of the Assistant Secretary of Defense for Health Affairs**
 - Updated Assisted Reproductive Services Policies [HERE](#)
- **Department of Veterans Affairs** Reproductive Health Information [HERE](#)
- **Equal Employment Opportunity Commission** Pregnancy Discrimination Information [HERE](#)
- **Department of Homeland Security**
 - **Immigration and Customs Enforcement** Medical Care Standards [HERE](#)

Reproductive Health Care Coverage

- **Department of Health and Human Services**
 - **Centers for Medicare & Medicaid Services**
 - ~~Revised Emergency Abortion Coverage Policies~~ [HERE](#), ~~Rescission~~ [HERE](#)
 - File an EMTALA Complaint [HERE](#); En Español [AQUÍ](#)
 - Medicare Abortion Coverage Policies [HERE](#)
- **Department of Defense**
 - **Defense Health Agency**
 - TRICARE Reproductive Health Coverage Policies [HERE](#)
- **Health Insurance Marketplace**
 - Abortion Information [HERE](#)
 - Birth Control Information [HERE](#)

- **Department of Labor**
 - HHS, Labor & Treasury Joint Guidance on Birth Control Coverage [HERE](#)
 - Employer-Based Health Benefits 'Ask EBSA' Hotline Information [HERE](#)

Family Planning Resources

- **Department of Health and Human Services**
 - **Office of Population Affairs**
 - Adolescent Health & Family Planning Resources [HERE](#)
 - **Title X Program** [*Some funding from this program has been targeted and withheld since January 2025. The following resources may not reflect the current situation on the ground.]
 - 2021 Updated Rule [HERE](#)
 - Clinic Finder [HERE](#)
 - Resources for Grantees [HERE](#)

Fertility Care Resources

- **Department of Health and Human Services**
 - In Vitro Fertilization (IVF) Fact Sheet [HERE](#)
 - **Centers for Disease Control and Prevention**
 - Infertility FAQ [HERE](#)
 - Assisted Reproductive Technology Resources [HERE](#)

Educational Resources

- **Department of Health and Human Services**
 - **Office on Women's Health** Educational Tools [HERE](#)
 - Pregnancy Information [HERE](#)
 - Birth Control Information [HERE](#)
 - **National Institutes of Health**
 - **National Library of Medicine MedlinePlus** Educational Tools [HERE](#)
 - Reproductive Health Topics (Female) [HERE](#), (Male) [HERE](#)

State & Local: RFC Members

As our Members join the Know Your Rights Project, the list below will be updated to include additional Congressional webpages.

Not sure if your district is on this list? Find your Representative [here](#).

ARIZONA

[Rep. Greg Stanton](#)

CALIFORNIA

[Rep. Pete Aguilar](#)
[Rep. Salud Carbajal](#)
[Rep. Judy Chu](#)
[Rep. Sara Jacobs](#)
[Rep. Ted Lieu](#)
[Rep. Scott Peters](#)
[Rep. Mark Takano](#)

COLORADO

[Rep. Diana DeGette](#)

FLORIDA

[Rep. Lois Frankel](#)

[Rep. Maxwell Frost](#)

[Rep. Darren Soto](#)

[Rep. Debbie Wasserman-Schultz](#)

[Rep. Frederica Wilson](#)

ILLINOIS

[Rep. Sean Casten](#)

[Rep. Mike Quigley](#)

[Rep. Jan Schakowsky](#)

MASSACHUSETTS

[Rep. Seth Moulton](#)

[Rep. Ayanna Pressley](#)

[Rep. Lori Trahan](#)

NEW YORK

[Rep. Dan Goldman](#)

[Rep. Nydia Velazquez](#)

PENNSYLVANIA

[Rep. Summer Lee](#)

TENNESSEE

[Rep. Steve Cohen](#)

VERMONT

[Rep. Becca Balint](#)

VIRGINIA

[Rep. Jennifer McClellan](#)

WASHINGTON

[Rep. Suzan DelBene](#)

[Rep. Pramila Jayapal](#)

[Rep. Adam Smith](#)

Keep in Touch

To keep up with everything RFC is doing to continue the fight for reproductive freedom in Congress, you can explore our Caucus initiatives [online](#) and find us on [X](#), [Bluesky](#), [Facebook](#), and [Instagram](#). Please contact us with additional questions or for further assistance.