

EXHIBIT 60



Living In Alabama and Safely Ordering Abortion Pills Online

 November 13th, 2025

If you're searching for information about abortion care, know that you're not alone in this journey. Many people seek reliable details during challenging times, and it's important to have access to clear, compassionate guidance. Abortion pills, also known as medication abortion, involve taking safe, FDA-approved medications to end a pregnancy privately at home. These pills—mifepristone and misoprostol—work together to gently stop the pregnancy process.

While Alabama has implemented a near-total abortion ban under the Human Life Protection Act, there are people explore to access medication abortion c

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networks like A Safe Choice offer telehealth-facilitated services to residents in restrictive states, including advanced provision of pills in anticipation of future need.

This article aims to help you understand your rights, options, and how abortion pills work, all within Alabama's legal environment. We'll explain how telehealth and mail delivery may function, what risks and protections you should know, and how A Safe Choice's network works in states with abortion bans. We'll also cover advanced provision (ordering pills ahead of time) and your privacy rights. This information is for educational purposes and does not constitute legal advice.

If you have questions about state law, call the Repro Legal Helpline at 844-868-2812. If you want abortion pills sent to your address, A Safe Choice's network can assist — their contact is (707) 710-8866 and their website is <https://asafechoicenetwork.com/>.

Current Alabama Abortion Laws

After the U.S. Supreme Court overturned *Roe v. Wade* in *Dobbs v. Jackson Women's Health Organization* (June 2022), states gained greater authority to regulate or ban abortion. As of now, Alabama enforces one of the strictest bans on abortion in the country through the Human Life Protection Act (HB 314).

The Human Life Protection Act and Its Scope

- The Human Life Protection Act makes performing an abortion a Class A felony for providers, with penalties ranging from 10 years to life in prison. It is in



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note that the penalties target providers and not people who use the medications.

- Attempting to provide a banned abortion as a healthcare provider is classified as a Class C felony.
- The law allows a narrow exception if a pregnancy poses a serious health risk to the person (not merely emotional or mental health).
- It does not include exceptions for rape or incest.
- Abortions to treat ectopic pregnancies or to prevent death are typically allowed under medical emergency exceptions, though such cases are legally delicate.

Because of this law, healthcare providers who are licensed in Alabama do not offer abortion services, including medication or procedural abortion care under most circumstances.

Telehealth, Mail, and Criminal Liability

- The state's Attorney General has stated that individuals who use abortion pills—even those prescribed remotely—can be prosecuted under Alabama law.
- However, the law specifically exempts pregnant individuals (patients) from criminal or civil liability; Alabama law is written so that doctors face criminal penalties, but patients are not criminalized.

Legal Updates on Travel and Assistance

- In April 2025, a federal judge ruled that Alabama cannot prosecute individuals or organizations who help residents travel to another state for abortion care, as this violates constitutional rights to free speech and interstate travel.



- This ruling protects groups like abortion funds or transportation organizers from legal risk under Alabama law for aiding travel.

Repro Legal Helpline & Shield Law Protections

If you want state-specific legal advice, contact the **Repro Legal Helpline** at 844-868-2812. They provide support to people in restrictive states. Also, providers in certain states that enact “shield laws” are protected from being prosecuted when prescribing abortion pills to someone in a restrictive state. These shield laws allow clinicians to treat out-of-state patients without fear of prosecution. ([KFF](#)) In practice, this means some doctors in states with shield laws may provide telehealth medication abortions to Alabama residents.

How Abortion Pills Work

This section is medically factual and consistent across states.

Abortion pills (medication abortion) use a two-step regimen of mifepristone followed by misoprostol.

1. **Mifepristone:** This pill blocks progesterone, a hormone needed to sustain a pregnancy. Without progesterone, the lining of the uterus begins to break down.
2. **Misoprostol:** Taken 24–48 hours later, this medication causes uterine contractions that expel the pregnancy tissue, much like a miscarriage.

Effectiveness and safety

- Taken within the first 10 weeks (70 days) of pregnancy, the regimen is 96–98% effective at ending pregnancy.
- Serious complications (such as infection requiring hospitalization or blood transfusion) occur in about 0.2% of cases.
- Most people experience cramping and bleeding, which is expected and part of the process.

Because abortion pills are timed for early pregnancy, they must be taken before the end of the 12th week of pregnancy (in other words, during the first trimester). The process works the same regardless of what state you're in.

Getting Abortion Pills Online in Alabama

Because Alabama enforces on healthcare providers licensed in Alabama a near-total ban on abortion, navigating online access there involves heightened legal risk and caution. Below is an overview of how options like A Safe Choice's network may apply, along with key considerations.

How A Safe Choice Network Works (in restrictive states)

A Safe Choice is a network of licensed clinicians providing telehealth-guided medication abortion services and advanced provision of pills. Even in restrictive states, people in need of an abortion can order, receive, and take medication abortion pills mailed to them by providers in shield-law states.

When using A Safe Choice from Alabama or similarly banned states, here's how it typically functions:

- You complete a secure, online consultation form, which includes a payment of \$150.
- A doctor who is licensed in a shield-law state such as California reviews the information you provide on the online consultation form.
- If the doctor determines that you are not eligible for a medication abortion, your payment is refunded in full.
- If the doctor determines that it is safe for you to have a medication abortion, the medications are shipped directly to you via the US Postal Service Priority Mail.
- No account creation is required, and advanced provision (ordering before pregnancy) is available if you are not currently pregnant.

What to Watch Out For in Alabama

- **Legal risk to providers:** Doctors who send abortion pills into Alabama may risk prosecution unless shielded by a protective law in their own state.
- **Counterfeit or unsafe pills:** Avoid unverified online pharmacies or services that claim to deliver to Alabama—these could send fake or incorrect drugs. Check to see if the provider is listed on reputable websites such as www.abortionfinder.org and www.plancpill.org
- **Timing:** Because abortion pills only work during the first trimester (the first 13 weeks) of pregnancy, delays in ordering or shipping are risky.
- **Discretion:** Discreet packaging, no labels referencing abortion, and anonymity in interactions are especially crucial.

About A Safe Choice

A Safe Choice is a network of licensed physicians (MDs) committed to offering safe, private, and accessible telehealth medication abortion services across states, including those with legal restrictions.

Key features of A Safe Choice:

- You pay a flat **\$150 total** for both mifepristone and misoprostol (no hidden fees). This fee includes shipping via USPS Priority Mail and free telehealth access to a California-based doctor.
- Shipping is via 2–3 day USPS Priority Mail.
- Advanced provision is available—meaning you can order pills ahead of time before pregnancy without needing a pregnancy test.
- No account creation is required.
- The service is designed to be discreet: packaging is neutral and non-descriptive, and all interactions are confidential.
- A Safe Choice supports people in states with bans or restrictions by utilizing shield-law providers.
- Their mission is rooted in reproductive justice, aiming to expand safe access to abortion care, especially in areas affected by bans or severe restrictions.

The Process with A Safe Choice

Here's a step-by-step look at how the process typically works — even in states with bans like Alabama — using the A Safe Choice network:



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1. Ordering the Medication

You begin by completing a secure, online consultation form to request the medications from a doctor in the A Safe Choice Network. To complete the order, you make a payment of \$150 via credit card or debit card as part of the online consultation form.

2. Eligibility Review by Provider

A doctor licensed to practice medicine in California reviews your information. They confirm whether you meet medical eligibility and evaluate risks.

3. Prescription

If approved, the clinician writes a prescription for mifepristone and misoprostol. Because Alabama law prohibits mailing abortion pills, the provider may either rely on advanced provision (you already have pills) or mail from a protected jurisdiction under shield protections.

4. Payment & Shipping

If approved, the doctor mails the medication abortion pills to the address you provided on the the consultation form. The medications are shipped

discreetly via USPS Priority Mail (usually 2–3 day delivery). Tracking is provided.

5. Taking the Medication

You take (swallow) mifepristone pill first. You then wait 24 to 48 hours to give the mifepristone time to block the effects of the hormone progesterone on the pregnancy. After you waited 24 to 48 hours, you place 4 misoprostol pills in your mouth (under your tongue or between your tongue and cheeks) and let the pills dissolve in your mouth. You'll receive clear instructions on what to do



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expect (e.g., cramping, bleeding, timing, side effects, who to call if you have questions, etc.).

Follow-Up

Most people do not need formal follow up. Once you begin to experience menstrual-like bleeding and cramping, you can feel confident that the process worked. You can call the doctor in the A Safe Choice Network who sent you the medications, or you can call the Miscarriage and Abortion Hotline at 1-833-246-2632 if you have questions.

6. Support & Guidance

Throughout the process, A Safe Choice Network doctor will be available via phone or secure messaging to answer questions, offer support, and troubleshoot issues.

Advanced Provision: Order Before You Need Them

Advanced provision means obtaining abortion pills before you become pregnant or early in pregnancy—so you have them on hand when you need them. This is especially valuable in states like Alabama that make it challenging to obtain medication abortion pills on short notice.

Why advanced provision matters in Alabama

- **Preempts delays:** In emergencies or crisis pregnancies, waiting for the delivery of medications may push you past safe gestational limits.
- **Increases autonomy:** You control timing and can act quickly if needed.

Key details about advanced provision

- You don't have to be currently pregnant to order medication abortion pills via advanced provision.
- The medication is the same: mifepristone + misoprostol.
- Pills have about 2 years' shelf life, so you can store them for future use.
- Packaging is discreet and doesn't mention abortion.
- Cost is \$150 (same as regular service).
- No account or login needed.

How to use advanced provision

1. When you're confident you might need the pills, order them through A Safe Choice.
2. Store them in a cool, dry place as instructed. By cool, we mean typical room temperature (not higher than 75 degrees).
3. If you later become pregnant and decide to use them and you are still within the gestational window, contact the prescribing clinician to discuss your current circumstances to make sure it is safe and appropriate for you to take the medications at that time.
4. Follow the standard dosing instructions (mifepristone first, then misoprostol 24–48 hours later).
5. Follow up and monitor for complications.

In Alabama's restrictive climate, advanced provision serves as a crucial safety net for people who may face increased barriers to obtaining abortion pills in a timely or legal way.

Your Rights and Privacy

Your privacy and rights matter, especially in states with restrictive laws. Below are key protections and best practices to maintain your confidentiality and safety.

Confidentiality & Discretion

- A Safe Choice uses neutral, discreet packaging that does not reference abortion.
- You are not required to create an account or include personal identifiers beyond what is medically necessary.
- Communications with providers are kept private and confidential under medical privacy standards.
- Providers in shield-law states may have additional legal protections to prevent forced disclosure.

Legal Protections

- Alabama law does not criminalize patients receiving an abortion, but providers may face prosecution.
- The 2025 federal ruling prevents Alabama from prosecuting individuals and organizations for aiding travel to out-of-state abortion services.
- Be cautious about sharing your pill use in recorded formats, social media, or public posts—documentation or admissions could be misused.

Risk Mitigation Tips

- Use a secure, private email address when corresponding with providers.
- Request and maintain tracking numbers discreetly.
- Store pills in a safe, private place.

- Avoid discussions in spaces where others might overhear or retrieve digital logs.
- If you travel out-of-state for abortion care, plan discreetly (transportation, lodging, funding) and avoid indicating abortion explicitly.

By being mindful of privacy and legal environments, you can better protect yourself while accessing care.

Support and Resources

Here are trusted national and Alabama-specific organizations you can reach out to for help, information, or support:

National Resources

- **Repro Legal Helpline:** 844-868-2812 (legal counseling and rights support)
- **All-Options Talkline:** 1-888-493-0092 (pregnancy decision support)
- **Plan C** (information about getting abortion pills by mail): <https://www.plancpills.org/>
- **Alabama-Specific & Regional Support**
 - **Yellowhammer Fund:** Assists Alabama residents with funds and resources for abortion care and travel
 - **West Alabama Women's Center:** Provides reproductive health services and may offer referrals or logistical support
 - **Her Choice Birmingham:** Offers pregnancy options counseling in Alabama and may provide referral information



If you're in Alabama and want legal or practical support, combining national networks with local organizations often yields the most comprehensive help.

You can always start with A Safe Choice's support line at (707) 710-8866 and their website: <https://asafechoicenetwork.com/>.

Frequently Asked Questions

Here are common questions people ask when considering abortion pills online in Alabama, with answers grounded in medical facts and Alabama's legal context.

Is it legal to get abortion pills in Alabama?

It is not legal for healthcare providers licensed in Alabama to prescribe abortion pills, but it is legal for doctors licensed in some states such as California to mail abortion pills to people who live in Alabama. According to Wikipedia, people who use medication abortion pills are exempt from criminal liability.

Can I order abortion pills online to Alabama?

Yes. Although Alabama laws ban mail delivery of abortion pills, laws in some other states (such as California) make it clearly legal to mail medication abortion pills to people in Alabama and other states with abortion bans or restrictions.

Could I be prosecuted for having abortion pills in Alabama?

The current law does not criminalize patients receiving abortion care. The risk lies primarily with providers or distributors.

However, the legal environment is volatile, so legal risk cannot be ruled out entirely. ([Wikipedia](#))

What is the window when abortion pills work?

Medication abortion is FDA-approved. They can safely and effectively be taken up until 12 weeks and 6 days after the first day of your last menstrual period.

Why is advanced provision useful in Alabama?

Having pills in advance means you can act immediately when needed. It sidesteps potential shipping delays.

How much do these services cost?

In the A Safe Choice model, the cost is \$150 total, including both mifepristone and misoprostol, as well as shipping via USPS Priority Mail and telehealth access to a California-based doctor.

How fast do pills arrive?

When mailing is legal, it's generally a 2–3 day USPS Priority Mail shipment.

What if something goes wrong — heavy bleeding, fever, incomplete abortion?

Seek immediate medical care. You can go to an emergency department (you do not need to mention abortion). You can tell staff you are pregnant and bleeding. Most hospitals treat complications regardless of cause.

Can I travel to another state for care?



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Yes — it is legal to travel to obtain abortion care, and a 2025 ruling bars Alabama from prosecuting people or organizations who assist in travel. ([Reuters](#))

Final Thoughts

Living under Alabama’s near-total abortion ban can feel isolating and oppressive. Despite the challenges, many people find ways to access safe medication abortion care through creative, discreet, and supportive networks like A Safe Choice. Understanding the laws, being thoughtful about privacy, and seeking supportive resources are essential steps in protecting yourself.

If you’re considering abortion pills, starting with reliable channels is critical. Use A Safe Choice via <https://asafechoicenetwork.com/> or call (707) 710-8866. For legal questions, contact the Repro Legal Helpline at 844-868-2812. You’re not alone — support exists even under restrictive laws.

No matter your path, make informed choices that feel right for you. You deserve care, compassion, and dignity.

Legal information is current as of November 18, 2025. Laws can change rapidly. Readers should verify current laws and consult the Repro Legal Helpline at 844-868-2812 for personalized legal guidance.

Related Resources

For more context before ordering, read our guides to [buying abortion pills online safely](#), [mifepristone](#), and [misoprostol](#). These resources explain how the medications work and what to consider when using telehealth in Alabama.



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