

Oppose SB 189 — Guide to Public Testimony

Talking Points & 1-Minute Examples

IMPORTANT REMINDER

- You only have **ONE (1) minute** to testify (*about 120–150 words*)
 - Practice ahead of time and **time yourself**
 - Calm, respectful, and concise testimony is the most effective
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GOAL OF TESTIMONY

Oppose SB 189 by emphasizing:

- Protection of families and parental rights
- Affordability and rising insurance costs
- Freedom of conscience and religious liberty
- Choice and flexibility in healthcare coverage
- Accountability and common-sense safeguards

This bill does not make healthcare free — it shifts costs to families and removes choice.

KEY TALKING POINTS (Choose 2–3)

You do not need to cover everything. Pick what resonates most with you.

- SB 189 requires insurance plans to fully cover abortion and gender-affirming care
 - The person using the service pays nothing at the time of care
 - Families who never use — and may oppose — these services still pay through higher premiums
 - There is no opt-out for families or employees
 - The bill removes basic cost controls that help keep insurance affordable
 - Parental authority and family values are not protected
 - Religious and conscience protections are limited
 - Families already struggling with rising costs will feel this impact most
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WHAT TO AVOID

- Attacking doctors, patients, or lawmakers
- Inflammatory or accusatory language
- Long personal stories that exceed the time limit
- Debating extreme hypotheticals

Tone matters. Calm confidence carries weight.

SAMPLE 1-MINUTE TESTIMONY #1 — Parent Perspective

“Good afternoon, Chair and members of the committee.

My name is ____, and I’m a parent from ____, New Mexico.

I’m here today to respectfully oppose SB 189. This bill requires insurance plans to fully cover abortion and gender-affirming care with no cost to the person using the service. Families like mine may never use these services and may strongly disagree with them — yet we are still required to pay higher insurance premiums to cover the cost.

SB 189 provides no opt-out for families and removes basic safeguards that help keep healthcare affordable. As a parent, I’m concerned about rising costs, loss of choice, and being forced to participate financially against my conscience.

I urge you to oppose SB 189 and stand up for families and parental rights. Thank you.”

SAMPLE 1-MINUTE TESTIMONY #2 — Faith-Based / Conscience Focus

“Good afternoon, members of the committee.

My name is ____, and I’m here to oppose SB 189.

This bill goes beyond access and forces participation. While some people may choose certain services, SB 189 requires families across New Mexico to help pay for them through higher insurance premiums — even when those services conflict with deeply held moral or religious beliefs.

There is no meaningful opt-out for families, and very limited protections for people of faith. Healthcare policy should respect conscience, choice, and affordability.

I respectfully ask you to oppose SB 189 and protect families’ freedom and values. Thank you for your time.”

SAMPLE 1-MINUTE TESTIMONY #3 — Short & Direct

“Chair and members, thank you for the opportunity to speak.

My name is ____.

I oppose SB 189 because it removes choice and shifts costs to families. The bill requires insurers to fully cover certain services with no cost to the user, and those costs are passed on to everyone else through higher premiums.

There is no opt-out for families, and no safeguards to protect affordability or parental authority. New Mexico families are already struggling with the cost of living, and this bill makes it worse.

I urge you to oppose SB 189. Thank you.”

FINAL TIP

Write your testimony out, read it aloud, and time yourself.

If it’s over a minute, cut it down — shorter is stronger.