

Guiding Star Project Brings Wholistic Women's Healthcare to Telehealth

New virtual care option expands access to Guiding Star's life-affirming and "wholistic" approach to women's health

Ironton, MN, September 1, 2026 — Telehealth has greatly expanded women's access to abortion and other reproductive services, yet many women still struggle to find comprehensive care that listens to their concerns, investigates underlying causes, and respects their fertility. [The Guiding Star Project](#) seeks to fill that gap by introducing [Guiding Star Telehealth](#), a new way to give women access to care that recognizes the inherent dignity of the female body.

"Wholistic care means seeing the whole woman and the whole big picture," said Laura Ducote, FNP-C, FCP, Guiding Star Project's women's health nurse practitioner. "This means not only looking at her health today, but also looking at her personal history, family history, relationships, and the journey that she's been on to get to this point in her life. Our wholistic care sees how her emotional, spiritual, and physical health are all interconnected."

Medical telehealth appointments are currently available to Minnesota residents, with Guiding Star using this initial pilot to evaluate demand and explore expanding medical telehealth services to additional states. In addition to medical telehealth appointments, Guiding Star providers offer virtual FEMM fertility instruction and lactation consulting to women nationwide.

The program builds on Guiding Star Project's more than a decade of experience providing women and families with education, healthcare, and support. Its model centers on four areas of care: NFP and family planning; pregnancy care and birth services; breastfeeding and postpartum care; and motherhood and family life.

Guiding Star Telehealth is designed to complement—not replace—the organization's physical centers. The long-term vision is to use virtual care to help women maintain continuity of care throughout the various stages of their reproductive lives while connecting them with Guiding Star's in-person services when appropriate.

For women who receive prenatal and birth services at a Guiding Star Center, for example, telehealth can provide an additional connection to care during the postpartum period, when new mothers may find it difficult to leave home while recovering from birth and caring for an infant. The model is especially valuable for women in rural areas where restorative, life-affirming healthcare options are limited.

"We know the women we serve because we are women, mothers, and healthcare professionals ourselves," Ducote said. "We understand the questions women have about their bodies and the desire to find healthcare professionals who take the time to listen, educate, and partner with them. Telehealth gives us another way to meet women where they are while staying connected to the kind of comprehensive care Guiding Star has always provided."

Minnesota women can now book medical telehealth appointments through Guiding Star's [online booking portal](#).

For more information on the Guiding Star Project and a complete press kit, visit <https://guidingstarproject.com/press-kit/>.

Laura Ducote is available for comment. To request an interview, contact Carrie Kline at carriek@missionadvancementpartners.com.

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About Guiding Star Project: Guiding Star Project is dedicated to creating a new standard in women's healthcare that helps women better understand and embrace their natural bodies and supports them in becoming healthy, informed and whole. Since 2015, Guiding Star Project has provided wholistic, life-affirming care, education and support across four core areas: NFP and family planning; pregnancy care and birth services; breastfeeding and postpartum care; and motherhood and family life. Guiding Star Project's newest initiative, Guiding Star Telehealth, expands access to its wholistic approach through virtual care and education. The organization currently operates six active affiliates across four states: Minnesota, Iowa, Texas and Florida.