

Margaret Mitchell
Belfast, ME
LD 582

Testimony of Meg Mitchell of Belfast, Maine

In SUPPORT of LD 582

An Act to Require Health Insurance Carriers to Provide Coverage for Blood Testing
for Perfluoroalkyl and Polyfluoroalkyl Substances

Before the Health Coverage, Insurance and Financial Services Committee

March 4th, 2025

Senator Bailey, Representative Mathieson, and members of the Health Coverage, Insurance, and Financial Services Committee. My name is Meg Mitchell, I live in Belfast, Maine with my spouse and two small children. Please accept this testimony in support of LD 582, which would clarify that insurance companies must cover the full cost of the PFAS blood serum bill as an Essential Health Benefit addressing preventative care and chronic disease management.

We have spent the last 20 years farming and living in Waldo County, on the edge of the epicenter of the PFAS contamination caused by state-licensed spreading of municipal sludge and mill waste. We derived much of our diet from milk, meat and produce grown in our county. Due to exposure via organically produced food contaminated with PFAS, both of my children, ages 2 and 7, have blood tests that show them above the threshold for potential health risks.

Once we knew that we had an unsafe exposure, we made lifestyle changes to avoid further contact with the chemicals. Even though my 2 year old never had direct contact or consumption of food contaminated with PFAS, his blood levels still came back high. Accessing a PFAS blood serum test is key to preventing, early detection and/or management of PFAS-linked illnesses including chronic illnesses.

Having the data that both my children will require life-long monitoring for PFAS linked illnesses is an essential part of ensuring that they live long, engaging and healthy lives. While this knowledge is a painful reality, it is the first step towards potential treatment and monitoring.

State and federal law already require insurers to cover the cost of preventative care and chronic disease management. This bill clarifies that the PFAS blood serum bill fits into that category. There is clear testing guidance for physicians from the National Academies of Science, Engineering, and Medicine which allows clinicians to work with impacted patients, setting up treatment and monitoring guidelines. But patients must be able to access the PFAS blood serum test in order to work with their doctors on a treatment plan.

I urge you to vote unanimously “Ought to Pass’ on LD 592

Thank you for your time,

Meg Mitchell, South Paw Farm, Belfast, ME