



Maine Medical  
Association



TESTIMONY OF THE MAINE MEDICAL ASSOCIATION  
AND  
THE MAINE OSTEOPATHIC ASSOCIATION

In Support Of

**LD 1496 - An Act to Ensure Ongoing Access to Medications and Care for Chronic Conditions and Conditions Requiring Long-term Care by Changing Requirements for Prior Authorizations**

Joint Standing Committee on Health Coverage, Insurance, and Financial Services  
Room 220, Cross Building, Augusta, Maine  
Thursday, April 24, 2025

Good Afternoon, Senator Bailey, Representative Mathieson, and Distinguished Members of the Joint Standing Committee on Health Coverage, Insurance, and Financial Services. My name is Jane Pringle and I live in Windham. I am submitting this testimony on behalf of the Maine Medical Association and the Maine Osteopathic Association in support of LD 1496 An Act to Ensure Ongoing Access to Medications and Care for Chronic Conditions and Conditions Requiring Long-term Care by Changing Requirements for Prior Authorizations.

The Maine Medical Association (MMA) is a professional organization representing more than 4,000 physicians, residents, and medical students in Maine. MMA's mission is to support Maine physicians, advance the quality of medicine in Maine, and promote the health of all Maine people. The Maine Osteopathic Association (MOA) is a professional organization representing more than 1,200 osteopathic physicians, residents, and medical students in Maine whose mission is to serve the Osteopathic profession of the State of Maine through a coordinated effort of professional education, advocacy, and member services in order to ensure the availability of quality osteopathic health care to the people of this State.

The MMA and MOA's legislative committees have joined to advocate with one voice in support of LD 1496.

As explained by Representative Zager, Prior authorization (PA) is a health plan requirement that a physician must seek approval from a patient's health plan before the patient can access a service or prescription. It is the opinion of the American Medical Association, as well as our organizations, that PA is overused, costly, inefficient, and causes significant delays in patient care.<sup>1</sup>

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<sup>1</sup> <https://www.ama-assn.org/practice-management/prior-authorization/prior-authorization>

For these reasons, we have worked over the years to support efforts to reform. For example, I worked to enact P.L. 2023 in the State of Maine in the 131st legislature. To do this we partnered with the many organizations involved in receiving, paying for and providing healthcare to pass L.D. 796, An Act Concerning Prior Authorizations for Health Care Provider Services. This law created important reporting requirements for health insurers, allowed for PA appeals by providers, and helped end some of the abusive yet common PA practices.

Despite this progress, however, we hear from members that there is still more work to be done to make their lives and their patients lives better. As such, I believe that LD 1496 is an important step for this Legislature to make.

For a long time now, PA has become a barrier to timely and quality care, especially for patients on stable treatment plans for chronic illnesses who often face delays, unnecessary administrative burdens, or even disruptions to their medications and services because of overly rigid PA requirements. These delays are not only frustrating and burdensome to patients, they can also be dangerous, leading to worsening health conditions and creating more strain for providers and families alike.

LD 1496 tackles some of these problems in a meaningful way. It makes it so that once a treatment is approved for a chronic condition, or a condition requiring long-term care necessary for more than one year, a renewal of the PA cannot be required more frequently than once every 5 years. This allows patients to have the peace of mind that they won't be abruptly cut off from medications or therapies that are working for them.

The bill also encourages stability by ensuring that patients who switch insurance plans will not abruptly lose access to a medication or service that was previously approved and is still medically necessary. It does this by requiring that coverage must be continued for at least 90 days after switching plans, and there must be advance notice before any changes are made. Clinicians often see patients suffer when insurers deny coverage for previously approved treatments, and this requirement would help reduce that risk.

Finally, the bill requires that PA for medications will remain valid for the full duration of a prescription, including refills and dosage changes. As physicians, we understand how interruptions to continuing prescriptions can harm patients. This bill will ensure that these harmful disruptions don't occur due to continuous and unnecessary PA requests.

Thank you for considering the thoughts of Maine's physicians about LD 1496. We urge you to support this bill.

Thank you,

Jane Pringle, MD