

# Maine Chapter

INCORPORATED IN MAINE

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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## Testimony 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.

### Committee on Health Coverage, Insurance and Financial Services April 23, 2025

Senator Bailey, Representative Mathieson, and honorable members of the Committee on Health Coverage, Insurance and Financial Services,

My name is Madeleine DesFosses, and I am here today on behalf of the Maine Chapter of the American Academy of Pediatrics. The Maine AAP is a professional organization of 300 pediatricians and pediatric subspecialists dedicated to improving the health of Maine children and adolescents. Thank you for the opportunity to testify in strong support of LD 1496, which seeks to reduce the burden of prior authorizations on patients with chronic or long-term conditions.

Prior authorization has been used by insurers to determine whether healthcare services and treatments prescribed by physicians are medically necessary since the 1980s. Prior authorization ultimately works to save insurance providers money, often costing the patient and provider timely access to treatments already determined necessary by a medical professional. In a healthcare system with ample checks and balances to ensure safe and appropriate patient care, prior authorization, especially for patients with chronic and long-term conditions, is unnecessary.

Our members care for children with a wide range of chronic illnesses, like asthma, diabetes, epilepsy, and even rare genetic conditions, many of which require continuous, uninterrupted access to medications and therapies. These are not one-time prescriptions. They are essential, life-sustaining treatments that patients must maintain over years or sometimes for their entire lives.

Unfortunately, current prior authorization policies often force families and healthcare professionals to navigate unnecessary, repetitive bureaucratic hurdles to continue the same treatment that has already been proven effective for the patient. These delays can lead to interruptions in care, medication lapses, and hospitalizations – all of which put our patients' health at risk.

Families already managing the complexities of chronic illness should not have to fight every few months for the same medications their children have been safely taking for years. Pediatric providers should be able to focus on patient care—not paperwork.

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LD 1496 is a common-sense measure that would reduce administrative burden while improving care. By extending the length of time that a prior authorization remains valid for those with chronic and long-term conditions, this bill allows physicians to focus on practicing medicine and children to receive the care they need without avoidable disruptions.

We respectfully urge the committee to vote “Ought to Pass” on LD 1496. Thank you for your attention to this important issue and for your commitment to the health of Maine’s children. I am happy to answer any questions.

Madeleine DesFosses

Advocacy and Public Health Manager, Maine AAP