

Eric Jones
Portland

To Whom It May Concern:

I support LD 1357, An Act To Require Private Insurance Coverage for Postpartum Care. Birthgivers need additional support after childbirth and this bill would have an enormous impact on Maine families. One single 6 week checkup post delivery is not enough. Postpartum Depression, Pelvic Floor Dysfunction and Anxiety are just a few of the many issues that can affect birthgivers in the postpartum period. With this bill, birthgivers can have access to the specific care they need to thrive and flourish after the birth of a baby.

I have witnessed my partner recently give birth and immediately need to spend over \$1,000 dollars in pelvic floor physical therapy to, amongst other things, repair a split in her abs that was four fingers wide. We consider ourselves fortunate to be able to afford this care, but Maine should not leave this burden on every family, as many simply cannot afford to put their bodies back together properly following the rigors of childbirth. This bill will be an important step towards acknowledging and supporting the significant mental and physical journey that is postpartum care.

Sincerely,
Eric Jones
Portland, ME