

Janna Rayworth
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.

From personal experience, I've found that many issues that affect birthgivers can crop up after the 6 week appointment, and if not treated can have a lasting impact on the person's long term health and wellbeing. I have spent thousands of dollars on physical therapy postpartum in order to fix very common pregnancy and birth-related injuries. Everyone should have the right to restore their body postpartum and not have there be a financial barrier in order to do so. With the passing of this bill, birthgivers can have access to the specific care they need in order to thrive and flourish after the birth of a baby.

Sincerely,

Janna Rayworth, Portland, Maine