

April 28, 2021

To Whom It May Concern:

I support LD 1357, An Act To Require Private Insurance Coverage for Postpartum Care. Mothers need physical, emotional, and mental health support after childbirth. This bill would have an enormous impact on Maine families. One single 6 week checkup post delivery is simply not enough. Postpartum Depression, Pelvic Floor Dysfunction and Perinatal Mood and Anxiety Disorder are just a few of the many issues that can affect women in the postpartum period.

I personally suffered from PPD with my first child, and PFD With my third. I was not able at that time to seek necessary support for myself due to financial insecurity. It is only with the most recent birth of my fourth child that I am financially solvent and able to procure the services of a much needed physical therapist. It is also only now that I would be able to seek mental health counseling if it were necessary. I am still insured, but these services remain available to me only because I am able to pay for them out of pocket. This is truly an injustice. Thinking back to my experience as a first time mom I am filled with sadness, and frankly a little anger, that I was not able to get the help that I desperately needed, and I know that our state is filled with mothers who do not get the physical and mental support that they require. With this bill, families can have access to the specific care they need to thrive and flourish after the birth of a baby.

Sincerely,

Lisa Vandegrift
Rockland, ME

