

Liz Vaughan  
Portland

To Whom It May Concern:

I strongly support LD 1357, An Act To Require Private Insurance Coverage for Postpartum Care. Giving birth is unimaginably hard and, while often transformational, it can also be traumatic—either way, it constitutes an enormous shift in one’s experience of the world. Depression, Anxiety, and Pelvic Floor Dysfunction are just a few of the many issues that can affect birthgivers in the postpartum period. One single 6-week checkup after delivery is far from commensurate with the magnitude of birth and the challenges that follow.

I myself had what doctors would consider an “uncomplicated” and rather “routine” vaginal delivery and yet months later I still suffer from significant back pain and pelvic floor weakness that I can’t imagine overcoming without the physical therapy I’m now receiving, which I wouldn’t have been able to afford without insurance. I also went for an emotional rollercoaster ride unlike anything I’ve ever had experienced—luckily for me I already had access to the medication and therapeutic support I needed, but if I hadn’t had these resources and was forced to pay for them out of pocket? I don’t know where I’d be.

Bringing a baby into the world is an experience the impact of which cannot be understated—on the birthgiver, on their family, on their community—and even if the circumstances are joyful, which they aren’t always, birthgivers need and deserve systemic support in order to survive, let alone help an infant thrive.

Please do what is right and pass this bill.

Thank you,  
Liz Vaughan  
Portland, ME