



May 4, 2021

To whom it may concern,

My name is Megan Whithed and I am the owner of Small Batch Wellness - a small business located in Wells, Maine. I am a Holistic Nutritionist that specializes in postpartum care and the Maine families that I work with will deeply benefit from increased options for care in the postpartum. It is the responsibility of all to take an active role in caring for families in this highly unique time when support is hard to find and expensive to pay for. Increasing options will be a step to remove barriers for care that can impact families dramatically. Postpartum mood disorders impact 1 in 7 families and this trend continues to worsen in the pandemic. Receiving services can make the difference between life and death and it is the onus of all to reverse this trend.

I strongly support LD 1357, An Act To Require Private Insurance Coverage for Postpartum Care. Additional support is needed in the postpartum period to ensure all birthing people are able to do more than survive - they deserve to thrive. Because additional services currently require out of pocket expenditure, many people go without the much needed additional support and services. The health of young families is a critical step to a healthy Maine.

Sincerely,

Megan Whithed

Small Batch Wellness

Hamlyn Drive Wells, Maine

meg@smallbatchwellness.com

www.smallbatchwellness.com