

Dear Chair Salinas and esteemed Members of the House Health Committee,

I am writing to ask you to vote YES on HB 2845 to improve access to midwifery care. As this topic is near and dear to my heart, I wanted to reach out and ask you to support this particular vote for the positive outcome of this bill.

I have given birth to two beautiful, healthy girls, both with the assistance of midwives. The first in a birthing center with Midwife CNA's and the second at home with the assistance of two extraordinary Licensed Direct-Entry Midwives here in Oregon. Both all natural, both completely supported from pregnancy to 4 months of age. Both experiences were incredible, though I would have chosen to have my first at home had my insurance covered it at that time.

With a midwife, you get a level of care, commitment and connection that helps to create the space where a pregnant woman can feel supported and loved and in tune with her body. In low risk pregnancies, this support is incredible for both mamma and family. It helps to create a natural container of connection for baby to be born into.

Honoring the natural flow of the birthing experience makes larger medical interventions less necessary. With the intense supervision and checking in, not to mention the round the clock access to your healthcare provider that comes with choosing a midwife assisted birth, means that someone is always ready to be present and on hand if anything should happen. It also means that women are not out there guessing as to what to do, or feeling like they have to wait for their next appointment to come up before discussing it. You can get answers quickly from someone educated and dedicated to the birthing experience.

Voting yes on this measure is really a WIN-WIN for everyone. Midwives cost less than traditional doctors visits by more than half, there are measurably lower interventions (which is both cost effective and better for everyones mental, emotional, and physical health), and extensive midwife licensing programs and education lets insurance companies know that the people they are insuring are making a superior choice for all involved.

Please vote Yes on this measure and help to bring midwifery into the modern age and to the average home.

Thank you so much for your consideration.

Warmly,
Siara Loveless, LMT

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