

Dear Chair Prusak and Members of the House Health Committee, I am a mother of two thriving children. Midwives provide excellent and safe care, proven through having TWO successful homebirths. My insurance carrier does not support homebirth and I had to pay out of pocket 100% both times. I received superior care to that which I had experienced in my limited visits with the Kaiser OB team. Kaiser offered my 15 minute appointments and never had enough time to listen to me or work through fears and concerns I had with being a first time mother. My homebirth midwife team offered me full hour long appointments every month, and longer if needed! Much of my care was in the comfort of my own home, allowing me to avoid the stress of driving to the doctor, parking, walking in (sometimes) snow and ice as a very pregnant person. Each of my children were born quickly and without issue. I was never under duress or excessively stressed, which I believe is because I was safely at home. Thus promoting a smoother and easier birth. Improved access to midwifery care and homebirth options can create better outcomes, avoiding medically irrelevant insurance timetables that lead to interventions, often disregarding the mental health of the mother. Birth experience matters. Mothers matter. Expanded midwifery access and insurance coverage puts women FIRST. Without women, we don't have babies!! Thank you for voting yes on HB 2388 to improve access to midwifery care for all Oregonians. Sincerely, Rebecca Koch 7007 N McKenna Ave, Portland 97203