

# How Do We ADVANCE U.S. MIDWIFERY?



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## ASK Employer

It is your right to know what is covered for health care. Speak to someone face to face and as early as possible if planning pregnancy. Are Midwives covered providers? What procedures, testing, and screening is covered? Do you have paid family leave? How much time?

**If they do not cover Midwives, CONTACT the Management Team.**

2

## CALL Health Plan

Many insurance plans do not have Midwives listed as providers in network. Many do not cover midwife care at all, or pay for birth centers or home birth. Yet some states require private insurers cover midwife services, in addition to state Medicaid and Medicare plans.

**Request an EXCEPTION if the plan will not cover desired options.**

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## SHARE Facts

Challenging myths is critical to assuring the public understands that Midwifery IS A SAFE OPTION for women thru the lifespan. There are various types and titles of Midwives in the U.S. It is important to learn about the services each provide to be fully informed. **If you hear a myth DISPEL it!**

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## FIND a Midwife

Kate Middleton had midwives attend all three of her births. Midwives also manage needs of healthy women from teens through peri-menopause and beyond. Care includes providing most contraceptive options, annual exams, and recommended health screenings. **SCHEDULE a visit today!**

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## GET Involved

Engaging in health care is the first step to living a healthier life. Midwives help women become aware of options by taking time to discuss and provide balanced information. **Make choices based on the best available evidence and YOUR needs and preferences.**

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## CONTACT Hospitals

Let the hospital know about your experience and care with a midwife. If you or your midwife were disrespected, write a letter! Administrators will pay more attention to personal letters over numbers from Press Ganey satisfaction surveys. **WRITE the CEO about the value of Midwives!**

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## USE Social Media

Share your experiences. ALL women deserve a midwife. To reach the tipping point theory and shift public awareness, Midwives must account for ~18% of all births in the U.S. In 2016 Midwives attended 13% of all vaginal births. **SHARE on Twitter, FaceBook, Instagram, and Reddit.**

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## LEARN about Midwives

Explore differences in provider style of care, amount of time in visits, and focus on health and wellness. Ask for a courtesy interview to meet before you make a decision. You can always transfer care if you are unhappy or unsure. **Make INFORMED decisions about who you choose as a provider.**

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## RALLY Others

Help find venues Midwives can share information about their role, a health topic, or updates on issues. Midwives are experts in educating. **CONNECT your midwife with a womens group, health event, library, church, or school.**

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## PROMOTE Legislation

Midwives are seeking legal status as autonomous providers in many states. Educate your elected officials about the workforce shortage for women's health and need to improve access to maternity care. **YOUR VOICE IS NEEDED!**