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Please cosponsor the Optimizing Postpartum Outcomes Act (H.R. 2480), legislation which raises awareness of the availability and importance of pelvic health services, particularly pelvic health physical therapy, for postpartum women using Medicaid and CHIP.

Pelvic health physical therapy is a vital part of recovery in the postpartum period. It can aid in muscle control, tissue repair, and help heal internal portions of cesarean section scars. However, many mothers lack access to and awareness of the benefits of pelvic health physical therapy. Even some health care providers may not understand the importance of pelvic health physical therapy in the postpartum period.

Because our government and tax dollars are funding Medicaid and CHIP, it is important that Medicaid and CHIP recipients are aware of the services to which they have access. Failure to receive timely pelvic health physical therapy could result in postpartum mothers developing life-long conditions. This legislation would ensure Medicare and CHIP recipients and providers are aware of and using this vital care.

H.R. 2480 is designed to address knowledge and access gaps by providing guidance to state Medicaid and CHIP programs administering pelvic health services performed during the postpartum or neonatal period. It also authorizes programs to raise both provider and patient awareness of the importance of pelvic health examinations and pelvic health physical therapy.

The pelvic health physical therapists practicing in this field treat individuals across the gender spectrum and lifespan for pelvic health related conditions that include, but are not limited to urinary dysfunction, bowel dysfunction, musculoskeletal dysfunction, sexual dysfunction, cancer-related rehabilitation, and the peri-partum state. After performing an evaluation and making a diagnosis, pelvic health physical therapists create and implement personalized plans based on best available evidence to help their patients improve mobility, recover from injury,

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prevent future injury and manage pain and chronic conditions. They are part of a collaborative care team aimed at empowering patients to be active participants in their care and well-being. We must ensure that patients in need of pelvic health understand its importance and know they have access to it when needed.

I urge you to promote the well-being of postpartum individuals by co-sponsoring H.R. 2480. Thank you for your consideration.