

**Sample email to friends, family, co-workers, etc.**

Dear friends,

The gift of life and livelihood are the most precious to humankind. America is in the grip of a crisis that threatens today's mothers and future generations every day. Each year, almost 25% of all pregnant women deliver their babies without insurance. That's nearly one million pregnant women who struggle to access affordable prenatal care in order to secure a healthy start for their babies.

You might know that babies born to mothers without prenatal care are five times more likely to die than babies born to mothers who receive prenatal care. But you might not know that maternity bill errors and inflations that would be caught by insurance companies are passed on to uninsured pregnant women. Insurance companies, in turn, routinely deny health care coverage to pregnant women and justify the measure by calling pregnancy a “pre-existing condition.”

My friends, pregnancy is not an illness. Uninsured pregnant women are not sick, nor are they seeking handouts. Moms in the Middle – or pregnant women who do not have employer-provided maternity coverage and can't afford to purchase private insurance, yet make too much money to qualify for state-subsidized insurance – are an essential social segment and deserve to be treated with dignity and respect.

The movement to advocate for the rights of Moms in the Middle continues to grow, and we need your support to continue fighting for uninsured pregnant women. Please take the time to review the [Moms in the Middle Manifesto](#), which details America's maternity crises and how it affects uninsured pregnant women, as well as taxpayers, nationwide.

After reading the manifesto, please take a quick moment to [sign the Moms in the Middle Petition](#) and to learn other ways you can help grant a better life to America's mothers and children.

Thank you for taking the time today to read my message. You who make me proud to be an American.

Sincerely,

Your Name

PS: Don't forget to read the [manifesto](#) - I think you'll be shocked to learn what uninsured pregnant women really endure at the hands of our medical and insurance industries.

## Sample letter to a pregnant woman you know

Dear friend,

Pregnancy is a wonderful time of transition as you prepare for the beautiful new baby you're about to behold. Your child will truly enrich your life.

Even though maternity is a joyful experience, I want you to be aware of certain factors that can also make pregnancy extremely stressful for many women. These include:

- Inaccessibility to maternity insurance – many women find out too late that they're not covered and they're not financially prepared for the \$8,000 to \$30,000+ bills maternity can incur
- Inflated and erroneous hospital bills and predatory billing practices that overcharge uninsured pregnant women by as much as 400%
- Medical decisions made in the interest of profit and convenience, not mother and baby, evidenced by the increase in the number of C-Sections performed (studies have suggested a correlation between C-Sections and incidents of Neonatal Intensive Care Unit treatment)

Many hard-working middle class women have already lost their homes, their credit, and their life savings due to these conditions. Some have even paid with their lives and the lives of their babies. Others suffer life-long complications attributed to a lack of prenatal care – despite the fact that every dollar spent on prenatal care now saves four dollars in treating complications later.

In the greatest country on Earth, it is deplorable that our most precious assets – America's mothers and children – are put at risk every single day. The only way to protect yourself is to learn how the system works and proactively defend your rights.

The good news is that the maternity advocacy movement is steadily growing, and together we can make America a safer place to start a family.

You can learn more about America's maternity crisis by reading the [Moms in the Middle Manifesto](#), and you can learn how to exercise your rights to secure an affordable pregnancy and a healthy, beautiful baby by visiting [Maternity Health](#).

Sincerely,

Your Name

PS: I think you'll be shocked at the crises revealed in the [manifesto](#) – read it first!

## Letter to the Editor

Dear Editor:

Today, nearly 2,800 American children will be born to mothers who do not have maternity insurance, representing nearly 25 percent of all children born today. Annually, nearly one million out of 4.3 million pregnancies are uninsured. The vast majority of the uninsured are hard-working American women who do not have employer-provided health insurance yet make too much money to qualify for government-sponsored health care programs, but not enough to purchase private insurance. These Moms in the Middle are often not prepared to foot the \$10,000 to \$30,000 and beyond pregnancy price tag – especially when facing unpaid maternity leave and today's economic hardships.

What's worse, misinformation and profit motive have led to predatory maternity billing practices. Over 90 percent of all hospital bills contain errors, and uninsured pregnant women can expect to be billed as much as 400 percent more for the same procedures received by insured women at a much lower rate. Medical decisions made in the interest of profit and convenience threaten lives and deny women the right to choose natural childbirth options.

Together, we can uphold the rights of America's most precious assets, her mothers and her children. Please join our cause as we urge the President, Congress, state and local legislators, the medical community, the insurance industry and fellow citizens to rally around America's pregnant women with the support needed to thwart the infringement of rights, profiteering, and hostile treatment toward pregnant women and to foster healthy future generations.

You can learn more about America's Maternity Crisis, and our efforts to protect uninsured pregnant women, by reading the Moms in the Middle Manifesto at [www.websites.com/moms-in-the-middle-manifesto.pdf](http://www.websites.com/moms-in-the-middle-manifesto.pdf).

Sincerely,

Your Name

Title

## Sample letter to your elected officials

Dear [elected official's title/name],

As a voting citizen of [district] for [number] years, I am writing to request that you uphold the rights of America's Moms in the Middle when making important policy decisions. As you know, Moms in the Middle are hard-working American women who do not have employer-provided maternity care coverage and cannot afford private insurance coverage, yet make too much money to qualify for state-supported maternity insurance. Moms in the Middle work hard to support middle-class American families on median incomes, yet cannot access the very benefits that make our country so great.

Every year, nearly one million American women deliver babies without insurance, representing nearly 25 percent of all deliveries nationwide. Many women have lost their homes, credit, and life savings struggling to afford the costs of maternity, which ranges from \$10,000 to \$30,000 and beyond. Insurance companies routinely deny pregnant women health care coverage and justify it by classifying pregnancy as a “pre-existing condition.” But pregnancy is not an illness, it is instead the most essential process to life.

What's worse, medical decisions are being made in the interest of convenience and profit, and not the best interest of mother and baby. One of the best examples is the alarming increase in the number of C-Sections performed in the United States – up to 31 percent versus 4.5 percent in 1965.

Every fourth hospitalization in the United States is pregnancy-related, meaning that a substantial portion of your constituency is depending on you to make the right decisions and to stand up for their rights. I urge you to take a moment to read the Moms in the Middle Manifesto, which details America's Maternity Crisis, the forces behind it, and the efforts good citizens are making to secure the rights of America's mothers and children. We need your help.

You can read the petition at [www.website.com/moms-in-the-middle-manifesto.pdf](http://www.website.com/moms-in-the-middle-manifesto.pdf).

Sincerely,

Your Name

Title