

# Medicaid Postpartum Coverage Extension: A Review of Coverage by State and Postpartum Healthcare Utilization

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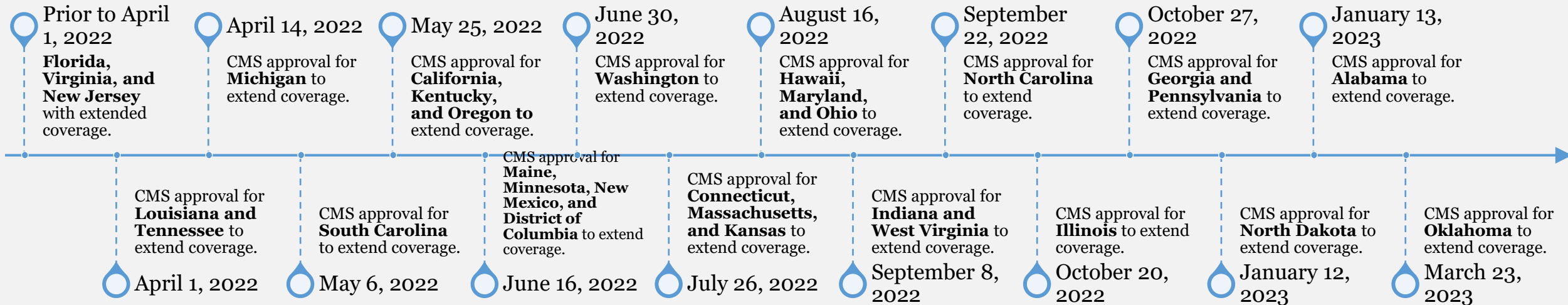
# Edition Contents

## **In this edition, we will cover the following topics:**

- Recent Changes to Medicaid Postpartum Coverage
- Implementation of Medicaid Postpartum Coverage Extension and Medicaid Expansion by State
- Historic Medicaid Rates of Postpartum Care Visits in States With and Without 12-Month Postpartum Coverage
- Early Studies Demonstrating the Effects of Medicaid Postpartum Coverage Extension on Population Postpartum Healthcare Utilization
- Medicaid and CHIP Income Eligibility Limits By State for Postpartum Coverage

# Recent Changes to Medicaid Postpartum Coverage

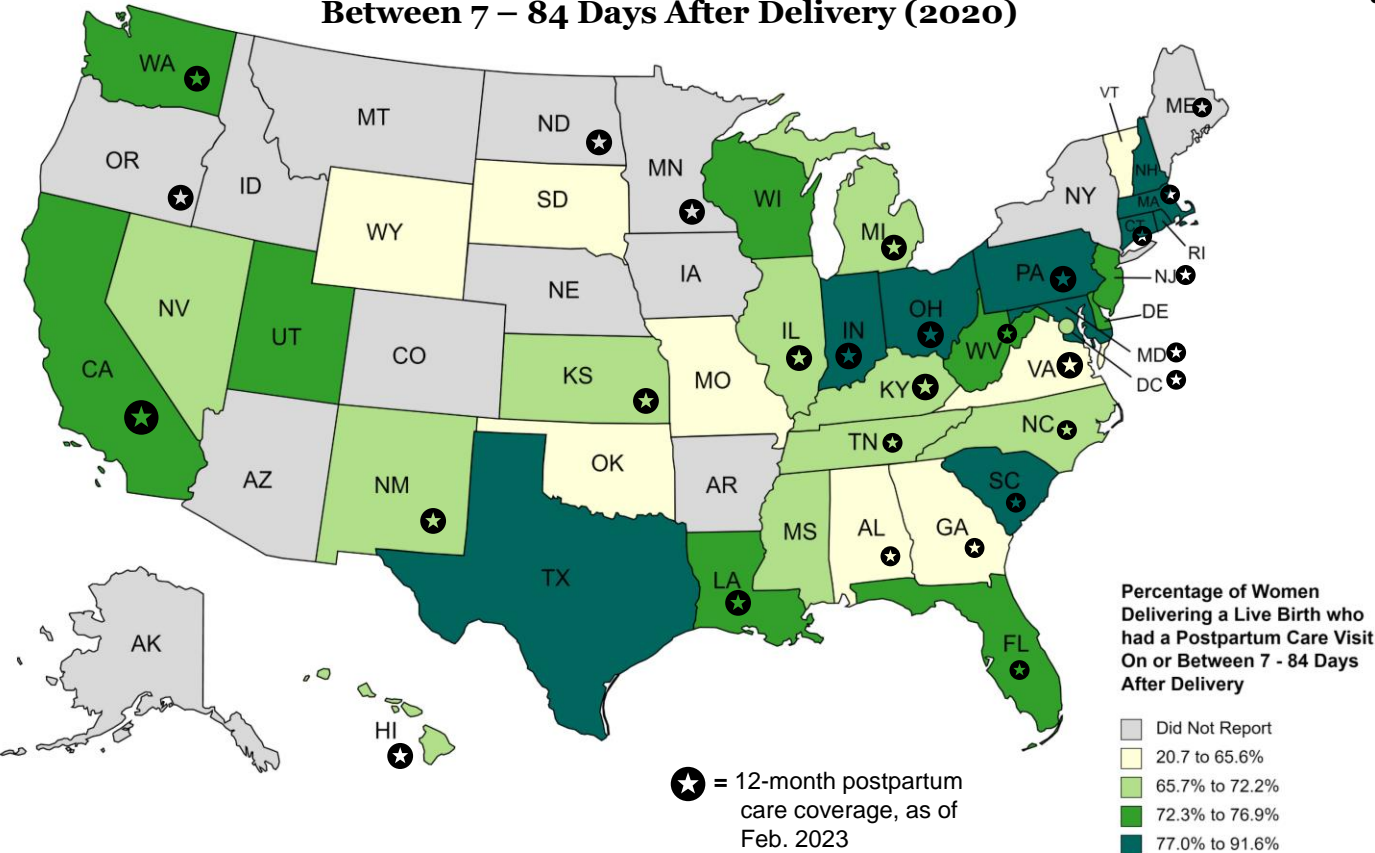
- As of **April 1, 2022**, the American Rescue Plan Act of 2021 allowed states the option to **extend Medicaid postpartum coverage from 2 to 12 months**. In states that have not adopted this option, postpartum coverage remains available for 2 months.
- With the newly adopted extensions, **beneficiaries in 29 states and D.C. are eligible for 12 months of postpartum coverage**, and another 8 states are planning to implement 12-month postpartum coverage [1].
- The timeline below conveys state the order in which states have implemented Medicaid postpartum coverage extension since the option became available in April 2022.





# Historic Medicaid Rates of Postpartum Care Visits in States With and Without 12-Month Postpartum Coverage

Percentage of Medicaid Women Who Had a Postpartum Care Visit Between 7 – 84 Days After Delivery (2020)



- This map depicts the percentage of Medicaid women who had a postpartum care visit between 7 – 84 days after delivery in each reporting state prior to postpartum coverage extension [1], along with an indicator of which states have implemented 12-month postpartum coverage.
- Most states have implemented the 12-month postpartum coverage extension as of February 2023. However, states within the lowest performance percentile for postpartum visits have disproportionately *not yet implemented* a 12-month postpartum coverage extension.

[1] [Medicaid.gov](https://www.Medicaid.gov)

# Early Studies Demonstrating the Effects of Medicaid Postpartum Coverage Extension on Postpartum Healthcare Utilization

**1 in 3 pregnancy-related deaths occur between one week and one year after childbirth [3].**

The postpartum period is critical for recovery, addressing delivery complications, screening and services for mental health, support for infant care, as well as addressing primary care needs such as chronic conditions or health-related social needs.

- In a 2022 retrospective cohort study using Medicaid claims data from a Texas\* HMO, early findings show that **Medicaid postpartum coverage extension leads to improved maternal healthcare usage and access**, specifically evidenced by [1]:
  - **2 times** the usage of postpartum services
  - **2-10 times** as many preventive, contraceptive, and mental/behavioral health services
  - **37%** fewer services related to short interval pregnancies\*\* within the first-year postpartum
- In a 2023 longitudinal study comparing hospital data from expansion states against non-expansion states, **findings showed [2]:**
  - **17% decrease in 60-day postpartum hospitalizations among Medicaid-financed deliveries in Medicaid expansion states** (coverage before pregnancy and after the 60-day postpartum period) compared to non-expansion states
  - **8% decrease in hospitalizations from 61 days to 6 months postpartum**

\*As of February 2023, Texas has yet to implement a 12-month postpartum coverage extension under the American Rescue Plan Act of 2021 . Their program results were based on a partial extension implemented as part of the Families First Coronavirus Response Act.

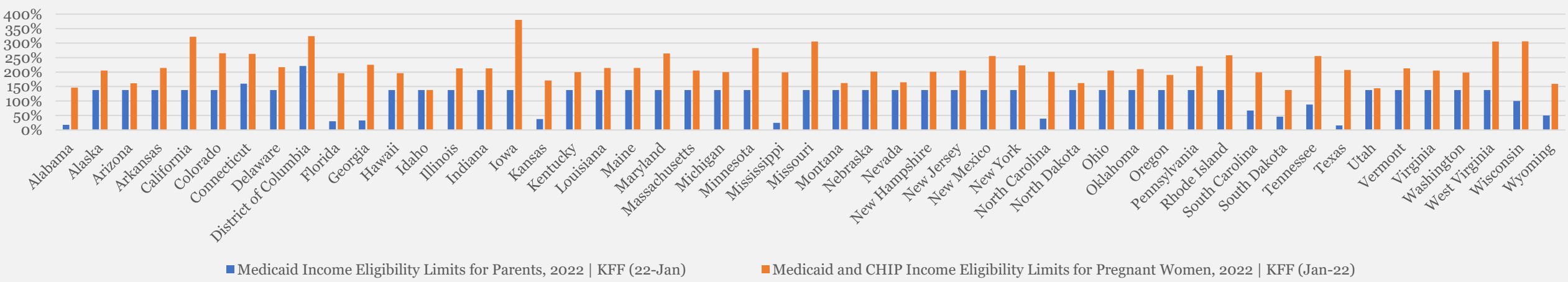
\*\***Short Interval Pregnancy** – The conception of a live birth occurring less than 18 months from the preceding live birth. [[CDC](#)]



# Medicaid and CHIP Income Eligibility Limits By State for Postpartum Coverage

- For Medicaid eligibility, a pregnant woman is defined as a "woman during pregnancy and the post-partum period, which begins on the date the pregnancy ends, extends 60 days, and then ends on the last day of the month in which the 60-day period ends" [1]. For states that have not extended postpartum coverage, after the 60-day postpartum period ends, all mothers who do not meet the more restrictive income eligibility limit for parents would lose coverage.
- It has been estimated that if all states adopted the 12-month postpartum coverage extension, as many as **720,000 pregnant people** across the U.S. annually would be guaranteed Medicaid or CHIP coverage for 12 months postpartum [2].
- The graph below shows the difference in Medicaid and CHIP income eligibility limits for low-income parents vs. Medicaid income eligibility limits for pregnant people. The difference in income eligibility limits for parents and pregnant people by state ranges from **0%** in Idaho to **242%** in Iowa. The average difference in state income eligibility limits for parents and pregnant people is **100%**.

Difference in Medicaid Income Eligibility Limits Between Parents and Pregnant People



[1] [Medicaid.gov](https://www.medicaid.gov) [2] [CMS](https://www.cms.gov)

# Key Takeaways

- With the newly adopted extensions, **beneficiaries in 29 states and D.C. are eligible for 12 months of postpartum coverage, representing 70.76% of the nationwide Medicaid enrollment.** Another 8 states are planning to implement extended postpartum coverage [1]. These 37 states and D.C. collectively represent **84.99%** of the nationwide Medicaid enrollment.
- **22 states** have implemented both postpartum coverage extension and Medicaid expansion. **5 states** have not implemented either [2].
- Multiple study findings on the effects of extended postpartum care coverage on increased postpartum, preventive, and mental health services, as well as decreased hospitalizations, show **promise for coverage extension's ability to improve maternal health care utilization and outcomes** [3,4].
- If all states adopted the 12-month postpartum coverage extension, as many as **720,000 pregnant people** across the U.S. annually would be guaranteed Medicaid or CHIP coverage for 12 months postpartum [5].

[1] [Kaiser Family Foundation](#) [2] [Kaiser Family Foundation](#) [3] [Frontiers in Public Health](#) [4] [Health Affairs](#) [5] [CMS](#)



# 5 Slide Series Overview

Our 5 Slide Series is typically a monthly publication whereby we briefly discuss/address a selected topic outside the confines of our client engagements. The Menges Group has developed a variety of datasets that we use to support our 5 Slide Series and client projects.

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Address: 4001 9<sup>th</sup> Street N., Suite 227, Arlington, VA 22203

Website: [www.themengesgroup.com](http://www.themengesgroup.com)