

**February 2, 2022**

**Re: YES ON HB 4006, I'm a Patient and support my ND**

**Dear House Health Care Committee,**

My name is Anissa Bergman and I am a patient of a Naturopathic Doctor. I would like to share my experience working with this medical provider, and ask you to support HB4006.

There are of course many types of medical providers and models of care. The one I have come to value - and desire to keep seeing - is my ND. I feel cared for and I am cared for with the dedicated time and attention to my healthcare needs. My Naturopathic Doctor is my primary care physician and provides all of the care, referrals and services that I need. In fact, it was not until I started seeing a Naturopathic Doctor that my chronic illness was properly diagnosed and treated.

Unfortunately in Oregon NDs are not being fairly compensated for their contributions to my health and to the healthcare of this state. This puts my doctor on unstable financial ground, and my access to this highly valued care at constant risk.

It is essential that I be able to utilize my health insurance to see my doctor. I cannot afford to both purchase health insurance against major medical expenses and pay out of pocket for my regular and preventive care. That's just not right.

My licensed ND manages the majority of my healthcare needs. Whether it be my annual exam, lab orders, other health screenings and prescriptions. They also refer me to competent providers and specialists in the conventional medicine world as needed. Nearly all of them operate in partnership or in network with other providers, truly ensuring that my health is optimized.

My ND takes the time to teach me about my health concerns and how to best manage my health through diet and nutrition, staying active, overcoming stress, and improving my sleep, in addition to prescribing medications and treatments.

**I am asking you to please vote yes on HB4006 and ensure fair access to licensed Naturopathic Doctors.**

**Sincerely yours,**

Anissa Bergman

Portland, OR