

**January 31st, 2022**

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

**Dear House Health Care Committee,**

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

Below is a templated version, which accurately depicts the current state of most ND patients and practitioners. From an early age I have experienced the benefits of Naturopathic Medicine, whether through the treatment of my Juvenile Rheumatoid Arthritis and NOT just my symptoms to more recently my Heart Arrhythmia. ND's provide a valuable service that should be adjunctive to western style medicine. They work incredibly well together and should therefore be compensated more equitably. I urge you to not think myopically and take a one size fits all approach and allow the people of Oregon to access the healthcare solutions that are right for them.

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.

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,**

Christopher Simons