

Dear House Behavioral Health and Health Care Committee,

My name is Sarah Root I am a patient of a licensed naturopathic doctor (ND). I would like to share my experience working with my doctor, and ask you to support HB2555.

Though there are many diverse and valuable types of medical providers, the provider that I, above all, value for my regular care is my ND. The clinical expertise and unique training that my doctor offers, coupled with the dedicated time and attention given to all my concerns, makes her irreplaceable to me, especially as I recover from a traumatic brain injury.

My ND manages the majority of my healthcare needs, whether it be my annual wellness visits, necessary lab and imaging tests, preventive screening exams or vital prescriptions. She also refers me to medical specialists as needed, working in partnership with other providers to offer a truly integrative approach to my healthcare.

More so than any other medical professional I've ever worked with, my ND takes the time to teach me about my health and how to best manage my concerns through diet and nutrition, staying active, overcoming stress, and improving my sleep, in addition to prescribing medications or alternative treatments. This is the best type of preventive medicine and has saved my life. For the last 5 years, I have been in recovery from a traumatic brain injury. My doctor has remained a source of calm, trust, and superior care that I have not found anywhere else. If she did not accept my insurance, I would be unable to stay under her care. I am alive and healthy today because of the impeccable care and guidance of my doctor.

Unfortunately, naturopathic doctors in Oregon are not being fairly compensated for the care they give me and for the important role they play in our state's healthcare workforce. Naturopathic doctors are paid about half of what all the other provider types (MDs, DOs, NPs and PAs) are paid for the same exact billing code and same service provided. **This discrepancy puts my doctor on unstable financial ground and puts my access to my provider of choice in jeopardy. Naturopathic doctors are being forced to drop insurance plans to remain financially viable. I lost two of my previous doctors because they stopped taking insurance.**

It is essential that I be able to utilize my health insurance to see my doctor. I cannot afford to both purchase health insurance and pay out of pocket for my regular and

preventive care. It's not only unfair, it's unrealistic. I need my ND to stay in network with my insurance and to stay in business!

I am asking you to please vote yes on HB2555 and ensure access to licensed naturopathic doctors.

Sincerely,

Sarah Root  
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