



To Whom It May Concern:

I am writing to express my strong support for **HB 3134**, which seeks to reform the prior authorization process for therapy services in Oregon. As a dedicated physical therapist, I have witnessed firsthand how current prior authorization requirements delay essential care, impose unnecessary administrative burdens, and negatively impact patient outcomes.

I am **Kana Arreguin, PT, DPT, CLT-LANA**, and I practice at **Wildwood Physical Therapy** in **Portland, Oregon**. Our clinic specializes in **breast cancer rehabilitation, lymphedema treatment, and pelvic floor therapy**, serving approximately **60 patients per week between two physical therapists**. Many of our patients require timely interventions to manage complex medical conditions, yet prior authorization requirements frequently disrupt their care.

One of my patients, a homebound individual with **severe scrotal lymphedema**, experienced a significant setback due to prior authorization barriers. He was covered by a **Regence Medicare Advantage plan** that required prior authorization for his therapy. Despite making progress—albeit slow due to the severity of his condition—his visits were denied because he was not improving **“fast enough.”** The abrupt discontinuation of care led to **a decline in his condition**, forcing him to wait until we could reapply for visits after a mandatory waiting period. This delay was entirely avoidable and detrimental to his health.

Beyond harming patients, prior authorization also places a heavy burden on providers. At our clinic, **each physical therapist spends approximately two hours per week** on prior authorization requests, diverting valuable time away from direct patient care. **Peer-to-peer reviews often result in approvals anyway, raising the question of why these hurdles exist in the first place.** Additionally, we frequently encounter **inconsistent decisions, redundant documentation requests, and long approval wait times**—all of which further delay necessary treatment.

The passage of **HB 3134** would ensure that patients receive the timely, medically necessary care they need while reducing unnecessary administrative strain on providers. Prior authorization should serve as a safeguard, not a barrier. I urge you to support this crucial legislation to improve healthcare access and efficiency in Oregon.

Thank you for your time and consideration.

Sincerely,

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