

Submitter: Brittany Lademann  
On Behalf Of:  
Committee: House Committee On Behavioral Health and Health Care  
Measure, Appointment or Topic: HB3134

To Whom It May Concern,

As a physical therapist practicing in Portland Oregon, I am writing to express my strong support for House Bill 3134, particularly its provisions addressing prior authorization reform including physical therapy. This legislation is a vital step toward improving patient access to timely physical therapy services while alleviating the administrative burdens that hinder care delivery.

Prior authorization requirements often delay essential treatments for patients recovering from injuries, and this delay in care negatively impacts patient outcomes and drives healthcare spending. This puts healthcare decision making in the hands of 3rd party "medical reviewers" who's interest are saving insurance companies money. These delays are compounded by the inconsistent and overly restrictive ways insurance companies define "medical necessity." Too often, their narrow criteria fail to account for the individualized needs of patients, dismissing evidence-based interventions that are outlined in medical practice guidelines. We know from a wealth of evidence that early access to physical therapy (which is relatively cheap compared to other healthcare costs like PCP visits, imaging, and surgery) saves both insurance companies and patients money. HB 3134's efforts to streamline or reduce prior authorization barriers would not only expedite care but also challenge the arbitrary standards imposed by insurers, allowing us to prioritize patient outcomes. The longer patients are in pain, pulled out of their daily activities and duties, the more disabled they feel and become. This is a primary predictor of long term outcomes.

By passing House Bill 3134, the Oregon Legislature can empower physical therapists to focus on healing rather than navigating red tape, while ensuring that "medical necessity" reflects the realities of patient care rather than the preferences of insurance companies. If we want to stave off the growing burden of persistent pain in this state, early access to care is vital. I urge your support for this bill.

Sincerely,  
Dr. Britt Lademann, PT, DPT