

*Testimony submitted via email.*

Dear Representative Greenlick,

This email is in regards to house bill 2778.

I am writing to you to express my support for this bill.

I am an dually licensed healthcare provider (naturopathic physician and acupuncturist) in the state of Oregon. In recent years I have seen more insurance companies elect to use pre-authorization (PA) programs for acupuncture services. I strongly believe the purpose of such PA's is to limit and deny services to people in need of the care we provide.

As an example: I have patients who who have autoimmune diseases with pain (MS, rheumatoid arthritis, etc), who can really benefit from acupuncture. Most of these patients do not want to use opioid analgesics or steroids, as the former are addictive and reduce mental function and the latter are disrupting to the immune/endocrine system and can degenerate tissues over the long term.

With acupuncture treatments we are able to reduce inflammation and pain, as well as develop/implement other aspects of a well-rounded treatment plan that do not have the prolonged side-effects that long-term medications do. With our nation's opioid crisis, access to alternative treatments for these patients is imperative.

The pre-authorization program very typically only allows them a few treatments, which do not deal with chronic pain and acute flare ups. They offer only insufficient treatment plans (which can be fine for acute injuries, but are not optimal for patients with chronic complaints.

Because of pre-authorization program I was am often not allowed to create a treatment plan that effectively treated these patients.

My concerns with the pre-authorization program are the following:

- It creates roadblocks to care for patients and often prevents them from receiving needed care.
- It requires an added level of administrative work necessary to guarantee payment.

- Like many clinics, mine is very small and can be easily overwhelmed by these additional insurance requirements.

When patients pay extra to their insurance companies for these services they do not expect to have to fight to receive the benefits they have chosen for their specific healthcare needs. It is an example of one way insurance companies create barriers to care. Please help stop this practice.

Thank you for taking the time to read this letter and consider this matter. I hope you will fight for the health care that Oregonians deserve.

Sincerely,

Dr. Rebecca Provorse

*naturopathic physician*

*licensed acupuncturist*