

*Testimony submitted via email.*

Representative Mitch Greenlick,

My name is Michelle Rumohr and I am a registered nurse at OHSU. I've been a RN going on 18 years and I am asking that you please reconsider this HB 2778. I feel that preventative maintenance is key (and evidence supports this theory.) I lift patients and bend over in strange positions and am a huge advocate of massage therapy and recently acupuncture. Apparently my current insurance (MODA) has approved up to 60 acupuncture sessions a year and somewhere around 50 massage visits, which is awesome and a great benefit for me and my coworkers. However, now that this bill will be in effect, apparently we will need a authorization from an outside company after 25 visits. I know nurses and doctors make the worst patients, but I'm trying to be a good one and I feel that this is just going to deter me and many others from taking care of ourselves. I am terrible at telling someone that I was a 5/10 pain and am now 3/10, it is just too subjective and I'm fairly certain that this outside company is going to collect on this (i.e. only approve 4 of my possible 50ish visits left.) All I can say is that they (massage and acupuncture) are both DEFINITELY helpful and relieve stress as well as pain and tension in general. I'm also pretty sure they have helped prevent other injuries that could have happened (i.e. I'm on a kickball team and slid the other day and was sure glad my muscles had just been massaged so this 40 year old body survived, and was safe!.) Sure I still have pain and discomfort, but that's my job and profession, and I honestly love what I do. Look, I'm not asking for much, and this is actually my first ever letter to a political person, but I really feel strongly about this. Please don't make it more difficult than it already is for me and us to take care of ourselves. I'm not even sure that you will actually ready this but with this current political situation, I'm looking for a tiny ray of hope here. Please be that for me.

Thank you sincerely,

Michelle Rumohr

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(503) 964-0376 (just in case you wanted someone to make you smile for a minute)