

**February 1, 2022**

**Re: YES ON HB 4006, I'm a Patient and support my ND**

**Dear House Health Care Committee,**

My name is Timothy Kennedy I am a patient of a Naturopathic Doctor. I would like to share my experience working with this medical provider, and ask you to support HB4006.

There are of course many types of medical providers and models of care. The one I have come to value - and desire to keep seeing - is my ND. I feel cared for and I am cared for with the dedicated time and attention to my healthcare needs. I've been struggling with long haul Covid for almost a year and a half. And the struggle to get care through allopathic medicine left me feeling suicidal. 6 months in I had to fight even to be seen by a neurologist. In fact OHSU wanted to schedule me 5 months out, and that was after my PCP - MD had tried to put a rush on my review because the MRI of my brain that she had scheduled showed white matter disease that she couldn't understand the source of. Nearly a year after the MRI all I have received is two meetings (one zoom) and a round of anti depressants to see if that might help. Where as the ND I've been working with has done several blood panels, supportive supplements, acupuncture and massage, which supported my recovery even before we had a full diagnosis. Because the ND looks at the whole system and the whole patient we were able to address things that needed support, strengthening my whole beings capacity to heal, and my ability to get back to work. In my estimation, I've received 100 times the care from my ND that I did from my MD and I'm still trying to pay off the inadequate and impersonal "care" I received through OHSU.

Unfortunately in Oregon NDs are not being fairly compensated for their contributions to my health and to the healthcare of this state. This puts my doctor on unstable financial ground, and my access to this highly valued care at constant risk.

It is essential that I be able to utilize my health insurance to see my doctor. I cannot afford to both purchase health insurance against major medical expenses and pay out of pocket for my regular and preventive care. That's just not right.

My licensed ND manages the majority of my healthcare needs. Whether it be my annual exam, lab orders, other health screenings and prescriptions. They also refer me to competent providers and specialists in the conventional medicine world as needed. Nearly all of them operate in partnership or in network with other providers, truly ensuring that my health is optimized.

My ND takes the time to teach me about my health concerns and how to best manage my health through diet and nutrition, staying active, overcoming stress, and improving my sleep, in addition to prescribing medications and treatments.

**I am asking you to please vote yes on HB4006 and ensure fair access to licensed Naturopathic Doctors.**

**Sincerely yours,**

Timothy Kennedy