

\From: **Jane Waddell** <[jtw@36paws.com](mailto:jtw@36paws.com)>  
Date: Wed, Feb 2, 2022 at 2:09 PM  
Subject: HB 4006 Letter

February 2, 2022

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

Dear House Health Care Committee,

My name is Jane Waddell. I hold a PhD in Urban Studies, and 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.

My academic training in Community Development impressed upon me the value of co-production - a mode of operation in which participants are equal partners. This is not simply because the paths chosen under this mode tend to be optimized for all parties concerned, but also for the benefits to the participants from being treated as full partners. In my opinion, the principle of co-production is beneficial in a wide range of settings.

There are of course many types of medical providers and models of care. While the practice of medicine in the U.S. is generally premised on following the advice of professional experts, my relationship with my ND is instead based on co-production. This better allows us to pursue a path that encompasses the entire spectrum of wellness in its full complexity, mental, physical and spiritual, and not simply the alleviation of symptoms. I feel cared for and I am given appropriate time and attention to my broader healthcare needs.

Unfortunately, in Oregon NDs are not being fairly compensated for their contributions 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.

Although I chose my current health insurance (Moda) because my ND is listed as a practitioner under their system, I am not allowed to select her as my primary care physician. 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 is capable of managing the majority of my healthcare needs, whether it be my annual exam, lab orders, other health screenings and prescriptions. She has also referred me to competent providers and specialists in the conventional medicine world as I needed. Nearly all NDs operate in partnership or in network with other providers, truly ensuring that 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,  
Dr. Jane Waddell