

February 2, 2022

Dear House Health Care Committee,

My name is Jennifer Ameele. 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. When I was seeing MDs and general practitioners, my needs were not being met. I was just another number in the system. I liked my doctors but the time I had with them was more limited and honestly, not helpful. I always felt shame instead of collaboration. I was offered prescriptions instead of holistic approaches to wellness. Before I had an ND, I avoided going to the MD for YEARS. Now that I have a wonderful relationship with my ND, I see her regularly and am able to be honest and forthcoming about my wellness concerns so that I can be proactive about my health. Not only is it empowering, it is going to be hugely impactful on the quality of my life.

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 cherish my relationship with my Doctor, I want her to be fairly compensated!

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

Sincerely yours,

Jenn Ameele, CVT, CPhT