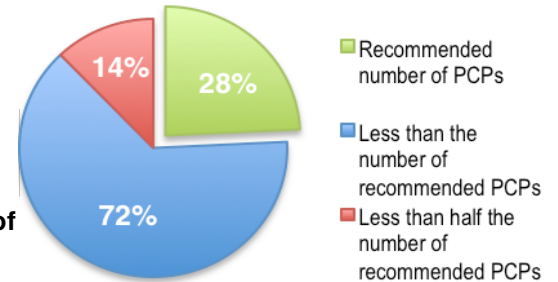


Increasing demand and decreasing supply leaves 5 million Californians without care mandated by the ACA

Expanding coverage without taking simultaneous steps to address primary healthcare shortages can have unintended and costly consequences.¹ As seen in Massachusetts:

- After enacting statewide health reform in 2006, the 158,000 newly insured residents quickly overwhelmed the state's supply of primary care doctors.²
- From 2009-2010, there were almost 100,000 more visits to safety net hospitals, leading to a \$70 million shortfall for providers that year.²
- These access problems occurred even with the highest primary care physician-to-population ratio in the nation.²
- A university study found that **California will have the worst shortage of primary care providers of all states:** expected 3,334 more needed to meet the coming demand.¹
- Only 34% of active physicians reported practicing primary care in California in 2012.
- Future MDs are not enough: there has been a 51% decline in family practice from 1998-2006.¹

California counties: Percent within the recommended range of 60-80 PCPs per 100,000 residents (AAMC)



Health and financial implications of lack of access to Primary Care Providers (PCPs)

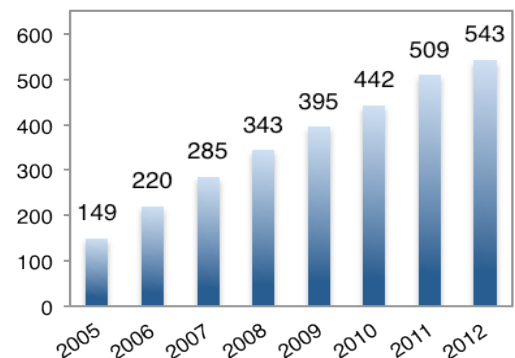
Evidence suggests that a further reduction of primary care services will inevitably lead to a worsening of health outcomes, a widening of health disparities, and a rising cost of healthcare.¹

- A 2007 study found that **one-third of all Emergency Department (ED) visits are “avoidable,”** meaning treatable in primary care settings.³
 - ED charges for minor, non-urgent problems may be 2 to 5 times higher than charges for a typical private doctor office visit.³
 - The study found that reliance on the ED is likely due to lack of a primary care provider and longer waiting times for doctor appointments.³
- In 2006, California spent over \$1.8 billion on avoidable ED visits.³

NDs are already filling the gap as trained and licensed PCPs

- California Business & Profession code Section 3613(c): “Naturopathic medicine’ means a distinct and comprehensive system of *primary healthcare* practiced by a naturopathic doctor for the diagnosis, treatment, and prevention of human health conditions, injuries, and disease.”
 - NDs are the only PCPs trained extensively in counseling, nutrition, exercise and stress management, enabling them to fully address modifiable risk factors for chronic disease.
 - Naturopathic doctors use the same CPT codes for office visits and preventive services as other PCPs.
 - **Adding NDs to PCP panels does not add new services.**
 - NDs in CA are able to prescribe all legend and Schedule III-IV drugs.
- The number of naturopathic doctors in the US and Canada increased by **91% from 2001-2006.**⁴
- Bastyr University recently opened a San Diego campus to further increase the supply of NDs in CA.

Number of ND Licenses Issued in CA, 2005-12 (NMC)



¹ National Association of Community Health Centers, Robert Graham Center, The George Washington University School of Public Health and Health Services. *Access Transformed: Building a Primary Care Workforce for the 21st Century*. Washington, D.C., 2008

² Massachusetts Health Care Reform: Six Years Later. Washington, D.C.: The Henry J. Kaiser Family Foundation, 2012.

³ Choudry L et al. *The Impact of Community Health Centers & Community-Affiliated Health Plans on Emergency Department Use*. Washington, D.C.: National Association of Community Health Centers, Inc. and Association for Community Affiliated Plans, 2007.

⁴ Albert DP, et al. 2006. *The supply of naturopathic physicians in the United States & Canada continues to increase*. *Comp. Health Practice Review*; 11(2):120-122.

Naturopathic Doctors receive doctoral level medical graduate education comparable to MDs and DOs:

Figure 1: Average clinical hours by degree

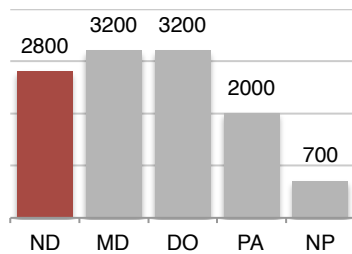
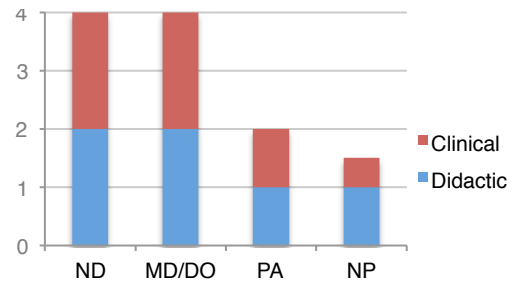


Figure 2: Years of postgraduate medical education



Cost Effectiveness

- Evidence shows that Naturopathic doctors treated 7 of the top 10 most expensive health conditions **more cost-effectively than MDs or other conventional providers.**⁶
- Naturopathic doctors delivering the **same** Medicaid services in Oregon are **57.5% more cost effective** than MD/DO/NP PCPs providing the same services.⁷

Patient Satisfaction

- The Puget Sound Health Alliance conducted a 2012 study on patient satisfaction in 156 clinics. Bastyr Center for Natural Health, a naturopathic clinic, **ranked #1** in the following categories:
 - “How well providers communicate with patients” & “Getting timely appointments, care and information.”⁸

Naturopathic Medicine is increasingly covered by other states’ insurance plans and federal programs

- Washington: as of 1995, all health care plans must include every category of licensed provider.
- Vermont: as of 2007, all insurance companies must reimburse for ND services in the same way and to the same extent that they reimburse for the services of any physician.
- In 2012, the Indian Health Services included Naturopathic doctors in the federal loan repayment program.

State	Insurance Carriers ⁹
Alaska	Aetna, Blue Cross/Blue Shield, Premera, United Healthcare, +
Arizona	Aetna, Blue Cross/Blue Shield, Cigna, Humana, Lumenos, United Healthcare
Connecticut	Aetna, Anthem, Connecticare, United/Oxford, Cigna, Healthnet, +
Maine	Aetna, Anthem, Cigna, +
Montana	Blue Cross/Blue Shield, Children’s Health Insurance Plan, Allegiance Healthcare, New West Health Insurance, Montana Association of Counties, Great West, MUST +
Oregon	Medicaid, Aetna, ASHN, Assurant, Blue Cross/Blue Shield, Care Oregon, CHP, Cigna, Family Care, Great West, Health Net, Kaiser, Lifewise, My Optum, ODS, OHP, Open Card, Pacificare, Pacific Source, Providence, Regence, Reliant Behavioral Health, United Healthcare, +
Vermont	Medicaid, Blue Cross/Blue Shield, Cigna, Catamount, Dr. Dynasaur, MVP Health Care, Vermont Managed Care, VHAP, +
Washington	Aetna, Blue Shield/Blue Cross, CIGNA, First Choice, Group Health, Uniform Medical, United Healthcare, Pacificare , +

⁶ Henny, Geoffrey C., Alternative Health Care Consultant, King County Medical Blue Shield (KCMBS), *Phase I Final Report: Alternative Healthcare Project*, 1995.
⁷ *The Cost Effectiveness of Naturopathic Delivery of Oregon Medicaid Services Statistics provided by Leslie Hendrickson*, Office of Medical Assistance. Feb 11, 1991.
⁸ *Your Voice Matters: Patient Experience with Primary Care Providers in the Puget Sound Region*. Seattle, WA: Puget Sound Health Alliance, 2012.
⁹ *Coverage for Naturopathic Services*. American Association of Naturopathic Physicians, 2012.

