

1. Name: Dr. Michael Gravett, (naturopathic) primary care physician, South Burlington, Vermont.

2. I practice at a primary care clinic that cares for over 3000 Vermonters. We participate with the Blueprint for Health as a Patient Centered Medical Home and with One-Care as a risk-bearing preferred provider. ”

We support the idea of Universal Primary Care for Vermonters.

3. We embrace and support these new models of care because access to prevention and low-cost interventions are essential to bending the cost curve and help Vermonters live healthier lives.

- Today's high deductibles are health prohibitive.
- Primary care, when accessible to a population, is the only sector of care to have been shown to improve the health of the population, lower system costs, and improve quality of care and outcomes.
- Recent studies found that people with a primary-care physician as their usual source of care had lower subsequent five-year mortality rates than others, regardless of their initial health.
- Reforms in California that provided all Medicaid recipients with primary-care physicians resulted in lower hospitalization rates.
- By contrast, private Medicare plans that increased co-payments for primary-care visits—and thereby saw a reduced quantity of such visits—saw increased hospitalization rates.
- Further, the more complex a person's medical needs are the greater the benefit of primary care.

4. Last year, my clinic provided:

- 733 preventive annual physical exams, (which included 251 well-child exams and 528 adult annual preventive exams).
- administered (hundreds) 228 doses of vaccines to children and adults
- we have prioritized diabetes screenings, colonoscopy screening at age 50, as well as standard breast and cervical cancer screenings,
- We have offer same-day urgent and non-urgent visits, so our patients don't need to go the emergency room to access primary care medicine

5. These are they types of services that should be available to all Vermonters. We want patients to be able to access primary care health without the burden of a huge deductible or co-insurance.

- Thank you for your consideration.