

Lindy Ost
Movement Matters

Dear Committee members,

I have worked as a physical therapist in Maine for 34 years. I have worked with children, military personnel, adults with and without insurance, people who paid out of pocket, people with multiple complications and people with minor issues.

Over the years I have been credentialed with all of the major insurance companies and have seen the problems: limited services, subscribers not knowing their benefit, out of pocket co-pays or co-insurances where the subscriber pays more than the insurance company, reductions in payments to providers or what's worse, negligible change in MaineCare payments for physical therapists in the last 25 years.

Physical therapy helps people to understand their own bodies and teaches them what they can do to feel better and move better.

The healthcare system is not optimized for positive patient outcomes, nor is it integrated into public health overall.

By supporting this legislation, we will move closer to eliminating the multiple insurance regulations that hamper more efficient healthcare practices and be positioned to provide greater community involvement that can make a difference for citizens of the state of Maine.

Please support this legislation.

Thank you for your time and consideration,

Lindy Ost, PT/Owner

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