

I am writing in support of HB 1328.

There is so much research out there that supports having optimal Vit D levels. It was incredibly frustrating when my provider said my insurance would not pay for a Vit D test to check my levels unless I had certain symptoms. Wanting to know my Vitamin D levels so I could effectively optimize my health was not a good enough reason for insurance to pay for the test. We are supposedly in the middle of a pandemic. Research is showing the importance of optimizing Vitamin D levels to boost your immune system and reduce effect of COVID. My provider was also frustrated as she was fully aware of the importance and correlation of optimal vitamin D levels in overall health. She said her "hands were tied."

Why is it ever a good idea to wait for symptoms in order to be approved for insurance coverage on specific tests? If we all took the Preventative approach to health, then our health care costs would not be skyrocketing! Optimizing Vit D levels is such an easy, simple step that everyone can do and it will make a profound impact on health and healthcare costs!

I have included some research articles that explain the importance of Vitamin D and how it positively affects health.

<https://articles.mercola.com/sites/articles/archive/2020/09/28/coronavirus-infection-rate-vitamin-d.aspx>

<https://www.grassrootshealth.net/blog/vitamin-d-level-30-ng-ml-75-nmol-l-independent-risk-factor-covid-19/>

<https://www.grassrootshealth.net/blog/15-fold-higher-risk-death-due-covid-19-vitamin-d/>

<https://articles.mercola.com/sites/articles/archive/2020/01/14/vitamin-d-protects-against-infections.aspx>