



Dear Friends and Neighbors,

I want to share an important perspective on how we can improve healthcare for families and small businesses in Virginia's First District. The national discussion around healthcare is often framed by regulations and mandates that—too often—limit choices, drive up costs, and squeeze both patients and providers.

It is important to highlight issues in our healthcare systems that need to be addressed:

- Overregulation and mandates push costs higher: Federal rules dictate coverage in ways that reduce flexibility and stifle innovation.
- Rising premiums and deductibles: Wages aren't keeping pace with health costs, making coverage less affordable for families and small businesses.
- Limited options for the self-employed and small businesses: Many Virginians face fewer affordable, workable choices.
- Bureaucracy over patients: Too often, decisions about care delivery come from regulators rather than patients and doctors.

We can address these issues and work to strengthen our healthcare systems by focusing on patient-centered, market-driven reform. These include:

- Freedom of choice: Empower individuals and employers to select coverage that best fits their needs.
- Transparency: Public price and quality information enable families to shop for value.
- Fairness: Equal tax treatment across coverage types to level the playing field.
- Competition: Encourage innovation and new entrants to lower costs and improve service.

In Congress, I am supporting specific initiatives to provide more affordable, transparent options that can help families budget for health care without sacrificing access to quality care.

Individual Coverage Health Reimbursement Arrangements (ICHRs), Health Savings Accounts (HSAs), and Health Reimbursement Accounts (HRAs): These tools expand choice and can reduce costs by giving employers and individuals more flexibility in how they purchase care.

Direct Primary Care (DPC) and association health plans (AHP): Options that simplify access to care and broaden affordability for small businesses and freelancers.

Short-Term Plans as a bridge: Reasonable alternatives for those priced out of traditional plans, while still providing essential coverage options.

Overall, a focus on competition and patient choice can spur innovation in local care delivery, benefiting our hospitals, clinics, and independent practitioners. In Congress, I will continue to promote policies that empower patients and small businesses to make informed healthcare choices, advocate for price transparency and merit-based competition to lower costs without compromising quality, and ensure any reforms consider rural and suburban realities in Virginia, including access to care and workforce needs.

If you have experiences or ideas to share, please contact my office. I'm listening, and I'm working for you.

Sincerely,

A handwritten signature in blue ink, appearing to read "Rob", with a stylized flourish at the end.

Rob Wittman
Member of Congress, Virginia's 1st District

P.S. If you'd like to stay informed about healthcare initiatives and other district priorities, you can sign up for updates at www.wittman.house.gov and follow our office on social media for the latest news and events.