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**Twila Brase of CCHF: Plan Now for the 2014 Tax Year and Obamacare Penalties**

Citizens Who ‘Refuse to Enroll’ Can Plan Accordingly So There’s Nothing for IRS to Take from Next Year’s Tax Refund

ST. PAUL, Minn.— As Americans gather their 2013 tax documents this month, Twila Brase, patient advocate and co-founder of Citizens’ Council for Health Freedom, says the 2014 tax year will look much different for those who are not enrolling in Obamacare and choosing to remain uninsured—therefore subject to a penalty.

As Brase shared in her Health Freedom Minute late last year, citizens choosing not to enroll in Obamacare should protect themselves from the IRS taking too much tax in 2015.

“If people plan not to pay the tax (albeit in violation of the law),” Brase told listeners of her weekly radio feature, “they may be deciding now to change their tax deductions for 2014 so that at tax time in 2015 they owe the IRS some money and are not waiting for a tax refund from the IRS. This could all prove interesting!”

It’s a little-known fact, Brase added, that the IRS doesn’t have much power to collect any unpaid penalty taxes for the uninsured.

“The only teeth the IRS has in this case is to take the penalty out of your withholding or withhold it from your tax refund, if you have one coming in 2014,” Brase said. “So now is the time, as we start the 2014 tax year, to revisit our withholdings and exemptions through our HR professionals and accountants to ensure that there won’t be any tax refund for the IRS to take come penalty time.”

Brase adds that there are three legal ways to avoid signing up for government-run health care coverage altogether. Doing so puts Americans’ private medical data at risk, compromises care, ties the hands of medical professionals and takes more money out of Americans’ pockets.

1. Buy private insurance outside of the government exchanges, such as a private policy, employer-sponsored coverage or a private insurance exchange.
2. Pay the penalty tax in 2015 for being without coverage in 2014, for the lesser of $95 or 1 percent of your income—less expensive and less risky than high government premiums.


**Twila Brase** shares health care-related news with the public in her daily, 60-second radio feature, *Health Freedom Minute*, which airs on more than 150 stations nationwide on the American Family Radio Network and 90-plus stations on the Bott Radio Network. During the daily features, listeners can learn more about the agenda behind proposed health care initiatives and policies and what they can do to protect their health care choices, rights and privacy.

**Brase**, a public health nurse and health care freedom advocate, informs listeners of crucial health issues, such as the intrusive wellness and prevention initiatives in Obamacare, patient privacy and the need for informed consent requirements, the dangers of “evidence-based medicine” and the implications of state and federal health care reform.

**Twila Brase,** has been called one of the “100 Most Powerful People in Health Care” and one of “Minnesota’s 100 Most Influential Health Care Leaders.” She has been interviewed by CNN, Fox News, Minnesota Public Radio, NBC Nightly News, NBC’s Today Show, NPR, New York Public Radio, the Associated Press, Modern Healthcare, TIME, The Wall Street Journal, The Washington Post and The Washington Times, among others. **Brase** shares health care-related news and commentary with the public in her daily, 60-second radio feature, *Health Freedom Minute*, which airs on nearly 350 stations daily, including the 150-station American Family Radio Network and the 80-station Bott Radio Network. *Health Freedom Minute* is sponsored by the **Citizens’ Council for Health Freedom**, a patient-centered national health freedom organization based in St. Paul, Minn. **CCHF** supports patient and doctor freedom, medical innovation and the right of citizens to a confidential patient-doctor relationship.

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For more information or to interview **Twila Brase**, president and co-founder of **Citizens’ Council for Health Freedom**, contact Deborah Hamilton, Hamilton Strategies, 215.815.7716, 610.584.1096, DHamilton@HamiltonStrategies.com.