

NEWS RELEASE

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Tomorrow Marks the First Day to Refuse to Enroll in Obamacare Exchanges

CCHF: On October 1, Citizens Can Opt Out of Doomed Program That Compromises Private Data and Quality of Care

ST. PAUL, Minn.—Tomorrow—**October 1, 2013**—marks a different kind of “independence day” for Americans. It’s the day they can opt-out and refuse to enroll in the doomed state exchanges under the federal health care plan, or Obamacare.

By tomorrow, U.S. employers must inform their employees that a health care “marketplace” is open for business. Employees must acknowledge that their employers provided this information by October 1, but it is in no way a deadline to enroll in any sort of state or federal health care plan.

In fact, says **Twila Brase**, patient advocate and co-founder of *Citizens’ Council for Health Freedom*, tomorrow marks the day citizens can publicly state that they **will not take part** in the harmful aspects of the “Affordable” Care Act.

“Tomorrow, October 1, is a kind of ‘independence day’ from the intrusive government-run state health exchanges,” Brase says. “After months of waiting, we can now publicly declare that we will not be a part of this doomed plan that shares our private medical data with government agencies, compromises our quality of care, ties the hands of medical professionals, and takes even more money out of our pockets.”

Today, **CCHF** created a special section of its web site at [Obamacare Exchange Opt-Out](#) that provides citizens with a form they can complete to declare that they are opting out of “any and all participation in the national Obamacare Exchange system.” The form goes on to state, “I hereby **refuse to enroll** in—or use—any state-based, ‘state-federal partnership,’ or federal healthcare.gov website portal (‘health exchange’) created under the 2010 Patient Protection and Affordable Care Act (PPACA).”

The form created by **CCHF** begins with the following declaration and then describes four reasons for refusing to enroll:

I declare that I am opting out of any and all participation in the national Obamacare Exchange system. I hereby refuse to enroll in -- or use -- any state-based, “state-federal partnership,” or federal healthcare.gov website portal (“health exchange”) created under the 2010 Patient Protection and Affordable Care Act (PPACA). I base this declaration in part on the following reasons:

- **Lack of Privacy Protection . . .**
- **National Insurance Registration System will gather and monitor all participants . . .**
- **Coercive Attack on Free Market Medical Care . . .** (including applying to the Federal Government “under penalty of perjury” (<http://go.cms.gov/182nOFY>))
- **Our Right to Not Participate . . .**

“The national Exchange system is not a ‘marketplace’ to buy health insurance,” Brase says. “It is a federal command and control center that employs the states to abuse individual privacy and economic freedom with the false promise of government provided ‘health care.’”

Brase adds that there are smarter, more affordable and more viable options to following the federal law than enrolling in government exchange coverage. She encourages Americans to take steps to find alternatives to enrolling in the unsecured and fraud-prone government exchanges:

1. Buy private insurance outside of the government exchanges, such as a private policy, employer-sponsored coverage or a private insurance exchange policy.
2. Pay the penalty tax in 2015 for being without coverage in 2014, for the greater of \$95 or 1 percent of your income—much less expensive and less risky than the high premiums of the government exchanges.
3. Claim one of nine Obamacare exemptions, including being a member of a health-sharing organization or having an income too low to file a tax return. (Read more about exemptions at <http://www.cchfreedom.org/pr/ObamacareMandate-9Exemptions.pdf>.)

Brase has written a list of the **Top Ten Terribles** of Obamacare, which include higher costs, privacy intrusions, more red tape, and poor care and coverage.

Twila Brase shares health care-related news with the American public in her daily, 60-second radio feature, **Health Freedom Minute**. **Health Freedom Minute** airs on the entire American Family Radio Network, with more than 150 stations nationwide, in addition to Bott Radio Network with over 80 stations nationwide. 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.**

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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.