



*****NEWS RELEASE*****

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CONTACT:

Michael Hamilton, Hamilton Strategies, 215.519.4838, 610.584.1096,
MHamilton@HamiltonStrategies.com

Essential Health Benefits Decision Not Expected Until Spring

*Twila Brase of Citizens' Council for Health Freedom
Says EHB Delay is Prime Example of Red Tape That Will be
Norm for Government-Run Health Care*

St. Paul, Minn.—A key part of the controversial health care debate in the U.S. is that of “essential health benefits,” or the categories of services that every insurance plan will be required to cover under the health reform law.

Currently, the Affordable Care Act—passed by President Obama and dubbed Obamacare by its opponents—defines 10 broad categories that must be included, such as “ambulatory patient services” and “hospitalizations.” What fits within those categories is up to the Obama administration. Earlier this month, the Institute of Medicine made recommendations on how to determine what is “essential.” And by the end of the year, Health and Human Services will use those recommendations to issue regulations.

Patient advocate *Twila Brase*, president of *Citizens' Council for Health Freedom*, a patient-centered national health policy organization based in St. Paul, Minn. , says that when the government dictates what is “essential” in health care, rather than leaving those decisions up to doctors and patients, a dangerous door is opened.

“Right now, there are 10 broad ‘essential health benefit’ categories listed in the plan,” Brase says, “and the federal decision makers can’t even decide if those 10 should remain, be increased to a very specific list or decreased. And, on par with inefficient government bureaucracy, the list is not due to be complete until at least May—seven months away. How long will it take a patient to get a critical treatment approved that’s not on the list?”

“Furthermore, too much time and money is being spent on a government health plan that may not even stand up under the law,” Brase continued. “Right now, the constitutionality of the plan is being challenged and so any further work on Obamacare that is costing taxpayers money should be stopped until we know if the plan will even hold up.”

The essential health benefits decision will be significant for the health industry—from doctors to insurance companies. Any plan that wants to sell in the new insurance marketplace will have to cover the benefits, as well as rank the value of plans.

Twila Brase broadcasts a daily, 60-second radio feature, ***Health Freedom Minute***, which brings health care issues to light for the American public. ***Health Freedom Minute*** airs on the entire American Family Radio Network, more than 150 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.**

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.

Health Freedom Minute is sponsored by the ***Citizens’ Council for Health Freedom***, a freedom-focused, patient-centered national health care 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.

For more information about ***Citizens’ Council for Health Freedom***, visit www.cchfreedom.org.

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For more information or to interview Twila Brase, president and co-founder of Citizens’ Council for Health Freedom, contact Michael Hamilton, Hamilton Strategies, 215.519.4838, 610.584.1096, MHamilton@HamiltonStrategies.com

Twila Brase is president and co-founder of the ***Citizens’ Council for Health Freedom***. She has been called one of the “100 Most Powerful People in Health Care” and one of “Minnesota’s 100 Most Influential Health Care Leaders.” The Council’s efforts have stopped government-issued treatment directives, added informed consent requirements for access to patient data and defeated a proposed Health Insurance Exchange. Brase’s daily radio commentary, ***Health Freedom Minute***, is a 60-second radio address on pressing health care issues.

Brase 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.