

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

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Citizens' Council for Health Freedom: Give Yourself—and Others—the Gift of Health Care Sharing

Health Care Sharing Mirrors How the Health Care System Was Meant to Be

ST. PAUL, Minn.—Especially at this time of year, many Americans are looking for ways to save some money and tighten their budgets.

With health insurance costs one of the [major expenses](#) for families, smart spenders and savers are discovering ways to lower their health care costs.

With the enrollment deadline for the Affordable Care Act (ACA) just around the corner on Dec. 15, [Citizens' Council for Health Freedom \(CCHF\)](#) says switching to a health care sharing ministry can keep more dollars in the bank—and help other families at the same time.

“Although not health insurance, members of health care sharing ministries pay a monthly fee, called a share, either to the ministry or directly to other members,” said CCHF president and co-founder Twila Brase. “Members often cover simple procedures and office visits through their own cash payments. These monthly shares are significantly lower than health insurance company premiums, sometimes just a few hundred dollars for a family of any size. Health care sharing ministries were founded on one simple principle—to help care for fellow human beings in their time of medical need. This is how health care was meant to be, and more than [1 million members](#) of health care sharing ministries know it to be true.”

Brase added that health care sharing members take ownership of their medical care and insist on transparent pricing for procedures and tests—because there is no insurance company involved. Some health care sharing ministries may offer prescription discount cards and online resources to find the best prices. For example, members can seek out a lab, surgery center or physician who is happy to work with self-pay patients. Brase pointed to one example where a patient saved more than \$500 on an allergy test. Sites such

as RequestATest.com, MediBid.com and NoInsuranceSurgery.com help patients find the services they need at lower costs.

CCHF's initiative, *The Wedge of Health Freedom* (www.JointheWedge.com), allows patients to find a doctor who is committed to health freedom and these eight important **Wedge** principles: transparent and affordable pricing; freedom of choice; true patient privacy; no government reporting; no outside interference; cash-based pricing; a protected patient-doctor relationship; and all patients welcome.

Today, two and a half years after *The Wedge* began, approximately [300 practitioners](#) nationwide have joined this free-trade zone for health care—a third-party-free direct payment system that is transforming the entire health care system back to freedom and restoring simplicity, affordability and confidentiality.

In 2016, *The Wedge* was launched to address America's troubled health care system—where high prices and bureaucratic government reporting requirements are the norm; where one-size-fits-all treatments and narrow networks limit patient choices and restrict doctors; where intrusive questionnaires and data-sharing without consent put patients' privacy at risk; and where impersonal bureaucratic processes and managed care controls inhibit a true doctor-patient relationship.

Wedge doctors, direct-pay practice, concierge practices and others like them are often very willing to work with members of health care sharing ministries. Learn more at www.JointheWedge.com or www.HealthCareSharing.org.

Historically, members of health care sharing ministries were exempt from the Obamacare individual mandate and its penalty. That penalty is now zeroed out for 2019.

Since the signing of the ACA by former President Barack Obama in 2010, **CCHF** has been committed to encouraging Americans to “[Refuse to Enroll](#).” Reasons abound, such as skyrocketing costs, compromised patient privacy and the tying of doctors' hands when it comes to treatment options—just to name a few.

For more information about **CCHF**, visit www.cchffreedom.org, its [Facebook](#) page or its Twitter feed @CCHFFreedom. Also view the [media page for CCHF here](#). For more about **CCHF's** initiative *The Wedge of Health Freedom*, visit www.JointheWedge.com, *The Wedge Facebook* page or follow *The Wedge* on Twitter @wedgeoffreedom.

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