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Shape Up or Else

I recently listened to a health plan executive promote employer intrusions in your life, such as biometric screening, and score cards to track your health. Employers are telling workers to shape up or pay up. Michelin tire company may force workers to pay as much as $1,000 more next year for high blood pressure or wide waists. Employers are demanding you line up for inspection and share personal and biological data or pay more for insurance.

As health plans under Obamacare are happily raising premiums, employers who foot the bill want to cut costs. Isn’t it time you owned your own health insurance plan, received your whole compensation in wages, and left the intrusions behind?


Presented daily by Twila Brase, President, Citizens’ Council for Health Freedom.

The Health Freedom Minute is now heard in 37 states: Mornings M-Th at AM1280 (The Patriot) in MN and 91.5 AM WHKC (FreedomFM) in OH, afternoons on American Family Radio, and daily on the Bott Radio Network.