CCHF took advantage of a speaking opportunity on Capitol Hill to make more connections and visit various congressional staffers.

A commentary authored by CCHF’s president was published on August 28 in The Wall Street Journal: “Congress has Exposed Patient’s DNA to Prying Eyes.” As a result, she was invited to speak to a group of physicians called the National Physicians Council for Healthcare Policy. At the event, Congressman Pete Sessions said he established the group five years ago when he was trying to find support for his health care policies. NPCHP meets in Washington, DC twice a year, typically in House hearing rooms. Marcy Zwelling, MD, co-chair of the group, leads the meetings. This year’s final meeting was held November 4-6 and attended by about 100 physicians.

CCHF president Twila Brase was asked to present on HIPAA and medical privacy. During her presentation, “Patient Privacy, Where Art Thou?” she discussed how patients lost consent and privacy rights, showed examples of various coercive consent forms, and shared a number of strategies that could restore patient control over the sharing of their private data.

The post-presentation discussion she led was scheduled to last only 30 minutes. However, due to the level of interest and the intensity of the debate, it lasted an hour. Some physicians claimed patient data is the doctor’s data or the hospital’s data. Other doctors said it’s partly or completely the patient’s data. One physician said once the patient’s specimens land in the lab, anything can be done to them, including genomic sequencing.
Some said giving patients control over their information would hamper medical and genetic research; that CCHF should separate concerns over consent for research from consent for other purposes.

CCHF legislative specialist Matt Flanders recorded it on Facebook. NOTE: Brase presented from behind the physicians due to microphone difficulties. Thus, the slides and most physicians are not visible. Find the presentation at: https://www.facebook.com/cchfreedom/videos/1511494855564329/.

We also did a brief Facebook Live interview with Matthew Hahn, MD, author of the book *Distracted*. He had commented that electronic health records (EHRs) are “the worst thing” that’s happened to medical practice in a decade. Find the interview at: https://www.facebook.com/cchfreedom/videos/1512574162123065/.

We also talked to former U.S. Rep. John Fleming, MD about *The WEDGE*. He is tasked by the Trump administration with reducing physician administrative burdens. Additionally, we used a Q&A session to ask Congressman Michael Burgess, MD (R-TX) about plans to repeal tax deductions for medical expenses in the House tax reform bill. Deductions would only be available to those with health savings accounts (HSAs), Burgess said he “could live with that” if the standard deduction is doubled.

However, in an article titled, “Why Most People with High-Deductible Health Plans Can’t Get a Health Savings Account (HSA),” ValuePenguin explains that some individuals can’t obtain HSAs because “the IRS specifies—deep in its guidelines—that ‘except for preventive care, [the] plan may not provide benefits for any year until the deductible for that year is met.’ That means a slightly more generous plan, which pays for any portion of things like prescription drugs or specialist visits or an X-ray (with or without a co-pay or co-insurance) before the deductible is met is not HSA-eligible.” The House passed its tax bill with the repeal on Nov. 16.

Over the next few days, CCHF met with HHS officials, Capitol Hill insiders and staffers. We discussed repealing the ACA, restoring parent consent for federal research using newborn DNA, ending the privacy intrusions of the *Medicare Annual Wellness Visit* and strategies to give senior citizens the right to opt out of Medicare, retain private insurance and not lose their social security benefits—a right they don’t have today. *(If you’ve been denied this right, please contact us. We need your story.)* Thank you for supporting these efforts to restore freedom to patients and doctors!
Merry Christmas! While there’s no “Obamacare repeal” gift under your Christmas tree, the battle for health freedom is not over and the true gift of Christmas can’t be repealed.

While Congress appears disinterested in repealing the Affordable Care Act (ACA), President Trump seems anything but. Staff at the U.S. Department of Health and Human Services are de-regulating and disabling ACA regulations. In our meetings, HHS officials have asked us to share additional ideas that advance freedom and provide regulatory relief—and we’re doing so in person and in writing.

Although the ACA is still law, we’re making headway. Members are considering a repeal of the individual mandate in the tax bill, which some have called the largest tax increase of all. Repeal would destabilize Obamacare. And HHS has issued a proposal to end the mandate that 800 hospitals participate in a Medicare joint replacement experiment on senior; to give hospitals a one-time option to opt in to the objectional experiment. Expect ZERO opt ins!

An actively engaged elderly gentleman told me his generation had “dropped the ball” on protecting freedom. One woman told me she’d prefer to spend more time with her grandchildren, but she’s continually compelled to take action to protect our freedom. These individuals are leaving legacy gifts for their grandchildren.

Does this sacrificial spirit and patriotic pulse live in younger generations? While 58 percent of Millennials cluelessly support socialism, communism or fascism (which use personal data to control citizens), a recent survey found that people in their teens are highly protective of biometric privacy. Given the growth of medical surveillance—including genetic codes—we’ll need them.

Submitting to tyranny is easy. We’ve been doing it for far too long. It began with the Medicare entitlement program, followed by managed care being imposed through the HMO Act of 1973, “pay for performance” penalties, the ACA’s socialistic “pay for value” schemes and mandated computerized health surveillance systems in every exam room—the government-certified electronic health record (EHR).

But health plans, a corporate version of socialized medicine, can be shut down and disassembled. Doctors can simply refuse to sign third-party payer contracts and return to direct-pay arrangements. Patients who want health freedom MUST help make this a reality.

CCHF aims to end the managed care (socialized medicine) health plans launched by U.S. Senator Ted Kennedy and President Richard Nixon in 1973. We are working to return to real insurance—the catastrophic, major medical, indemnity policies prohibited by the ACA but still available to those that receive an exemption from the mandate.

That’s why we launched The WEDGE of Health Freedom. CCHF is playing the long game. We’ve got true, transformative health freedom in mind.

Thank you for standing with us as we work to restore freedom, excellence and affordability to health care in America!

Wishing you the MOST Merry Christmas ever,

Twila Brase, RN, PHN
President and Co-founder
That’s what we heard from so many people at CCHF’s 2017 annual fund-raising dinner on October 24.

Howard Root, former CEO of Vascular Solutions and author of “Cardiac Arrest, Five Heart-Stopping Years as CEO on the Feds’ Hit-List,” did an excellent job serving as our emcee. After noting his long experience in health care, Root introduced CCHF president Twila Brase saying, “I rarely hear the truth about American health care, but there is this one organization that talks the truth, and that’s the Citizens’ Council for Health Freedom.”

Twila began by saying, “There is cause for and reason for hope that we will still have in America a future of health freedom. . .Our organization is determined that we will not move to socialized medicine.” She then shared five reasons to give:

- Connections in Washington, D.C.
- Work at the Minnesota Legislature
- Nationwide Radio Program
- Boots on the Ground
- Escape Hatches under Construction

“What a difference Trump has made,” she said. “It has certainly changed what’s possible...”It’s a whole new world when HHS officials and we at CCHF have each other’s cell phone numbers” The audience applauded!

Twila shared hope: “You may be discouraged that the Republicans who said we’re going to repeal Obamacare don’t seem to actually be planning to do so. But I would encourage you to be encouraged. After all, we could’ve had Hillary.” Laughter rang out. “Then there would be no meetings with HHS. There would be no cell phone connections. And Obamacare would be strengthened, not weakened. There are things happening at the Capitol that are really striking at Obamacare and I would take heart about that. . . The thing you need to know about our organization is we are not waiting for Congress. We are working with them, but not waiting for them...We’re working to render the law powerless even if it’s never repealed.”

There were surprises. First, Twila called Doug Smith, MD to the stage to talk about being in The Wedge of Health Freedom (The WEDGE): “I have more than doubled my patient volume. And I know when Twila has been out talking to a group or been on the radio, because there is a bolus of in-
terest that comes into my clinic, and new patients.” Second, with Howard’s assistance, Twila unveiled the cover of her upcoming book: “Big Brother in the Exam Room.”

Pete Hegseth, in a powerful message, asked the audience to stay “IN THE ARENA” for freedom. He also endorsed CCHF’s work: “It’s not very often that you get to speak to grassroots organizations that are truly on the front lines of freedom. Not an organization that knows how to send out press releases, or tweets or has a fancy website... But when you see a group that says I’m not going to work inside the complex because the complex is failing Americans ... I’m going to look at what government-run health care or Washington-run health care has done not just to our health care market, our insurance market but to individual lives and the individual choices of people. And then I’m going to try to find a disruptive model that changes that ... to build a network of doctors that say I’m willing to invest my life and my practice into this idea called The WEDGE... And I’m going to say, not only is this a win for me because I get new clients, it’s a win for customers who now have true choice and transparency in what they’re paying for, which of course our health care market has nothing at all. So, kudos to you for being a disruptor in a market that doesn’t have a lot of them.”

Thank you to each sponsor, donor, attendee and volunteer!
A ‘Wedge Physician’ in the News

October 18, 2017

Recently, the online publication LifeZette talked to a physician who’s listed in The Wedge of Health Freedom® regarding how to stay healthy during this germ-filled season of life.

Dr. Deborah Chisholm practices medicine at the Chisholm Center for Health in Leroy, Illinois. She told the news reporter that she knows why many people choose direct primary care practices and the personal nature, affordability, price transparency and access to doctors they provide. Yes, we hear from Americans all over the country looking for a practice just like hers.

Health-sharing Samaritan Ministries has partnered with Dr. Chisholm and other direct pay doctors. Find other practices at jointhewedge.com.


Medi-Cal Forces Teenage Girl into Managed Care - Against Judge's Order

Alondra Diaz, a 14-year-old from Los Angeles, CA, suffers from a number of complex and debilitating disorders. Like many other states, California often shifts sicker patients into managed care plans that have narrow networks and exclude many doctors. Diaz’s parents filed a lawsuit at the California Supreme Court when the California Department of Health Care Services ignored a ruling from an administrative law judge that allowed Diaz to stay on her current plan and keep her doctors and medications.

Study Shows Obamacare ‘Unaffordable’ in 2018 by Own Definition

The Affordable Care Act (ACA) defines health insurance as unaffordable if premiums exceed 8.16% of a household's income. A study by eHealth, Inc., revealed that the average family of three ineligible for subsidies would need to earn $29,000 more next year to make coverage ‘affordable’ under the ACA. In 47 of the 50 cities surveyed, the lowest price Obamacare plan in 2018 would officially be deemed unaffordable by the ACA's own definition.

Epic's New Tool “Share Everywhere” Does Exactly That

Epic, one of the nation’s leading developer of electronic medical records, has released a new tool allowing patients’ medical records to be shared. Doctors do not even need to have their own electronic medical record system to use “Share Everywhere.” The doctor simply needs a computer and an internet connection, then logs in to the patients records through a website. “Share Everywhere” will be fully implemented for Epic users in November.

Health System to Employees: Get the Flu Shot or Get the Boot

Essentia Health, with 44 clinics in Minnesota, is requiring flu shots for all employees, vendors, and volunteers. Justin Cummins, a union lawyer, remarked that this policy is a violation of civil rights and that Essentia isn’t backing down or willing to negotiate. “There are employees who are being forced to submit to the vaccination who have no patient contact whatsoever because, for example, they work from home or they otherwise work remotely,” Cummins said.
Health Freedom Watch: MORE or LESS?

Is our freedom worth fighting for?

YES, it is. We’re committed to it. That’s what we do – 365 days a year. We fight to preserve and protect the health freedom of all Americans—and stop socialized medicine.

Given what’s happened in 2017, it’s clear this won’t be easy. From skyrocketing premiums to proposed bailouts to Republicans’ refusal to repeal the Affordable Care Act, Americans are wondering what 2018 will bring.

CCHF is fully engaged in the battle. We’re working to:

- Help Americans deal directly with their doctors, without outside interference
- Remove meddling middlemen and their costly requirements from medical treatment decisions
- Restore true medical insurance policies, which cover catastrophic costs and are reasonably-priced
- Encourage price transparency through direct payment
- Reclaim patient privacy rights and physician autonomy

One way we’re working to accomplish all of this is by expanding America’s free-trade zone for health care, which we’ve branded The WEDGE of Health Freedom®.

One insider says CCHF is “a force to be reckoned with” at the Minnesota state legislature. But that is ONLY because of your active engagement and support!

Can you help us be even more impactful? With your financial support, we will continue to drive health care policy toward freedom for all patients and all doctors.

Would you include CCHF on your list for a year-end gift?

Before December 31, please send us the most generous gift possible so that we can stay on the battlefield fighting for health freedom for you and for all Americans.

To donate, go online at http://bit.ly/give2cchf or use the enclosed envelope.

Together we CAN win this battle!

YES, I WANT MORE HEALTH FREEDOM IN 2018!

Use my year-end gift* to restore freedom to patients and doctors! Enclosed is:

☐ $35    ☐ $55    ☐ $100    ☐ $500    ☐ $1200    ☐ $5000    ☐ other $____
☐ Donation of Stock. (Please contact CCHF office at 651-646-8935 for instructions)

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MERRY CHRISTMAS and THANK YOU for your support! Your tax-deductible gift supports health freedom, medical and genetic privacy, health care choices, physician freedom, and the protection of individualized patient care.

*CCHF has received 501(c)3 non-profit status from the IRS. CCHF has received permission to solicit charitable donations in all states except California. In August 2016, we withdrew our registration in CA to avoid the AG’s demand that we share the confidential names of certain donors. The full disclosure regarding solicitation is found on page 2 of this newsletter.
“I want everyone to know about this. It sells itself” – Singer Danny Gokey about health sharing through Medi-Share. August 30, 2017

“Paper drug charts and notes are still tucked away on our wards, coming out whenever our operating systems crash – as they do, too frequently, without an external hackers’ intervention.” - British physician referring to NHS’s hospitals’ lack of being “paperless” as their greatest asset in this crisis. Politico Morning Health, June 8, 2017

“Cost control is politically perilous. What Obamacare did for the first time in our nation’s history was to say, ‘hey, let’s at least get coverage done first and let’s start down the road toward cost control.’” - Jonathan Gruber, Obamacare architect, Bloomberg Politics, June 22, 2017

“The third-party payment system severs the financial link between the provider of the service and the patient – a disconnect that fostered increases in both the price of the services and their utilization.” - Peter D. Fox, PhD and Peter R. Kongstvedt, MD, FACP, A History of Managed Health Care and Health Insurance in the United States