

**\*\*\*NEWS RELEASE\*\*\***

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**CONTACT:**

John Sonnen, Communications Manager, [media@cchffreedom.org](mailto:media@cchffreedom.org), 651-382-6158

## **CCHF Releases ‘Health Care Sharing Comparison Chart’ as Open Enrollment Set to Begin November 1**

### *‘Health Care Sharing’ is an Affordable Alternative to Health Insurance*

ST. PAUL, Minn. — More than 1 million Americans have found alternatives to rising health care costs through health care sharing ministries. In 2010, prior to health care sharing being authorized as an exemption to the Affordable Care Act’s insurance mandate, **Citizens’ Council for Health Freedom (CCHF)** issued a comprehensive [report](#) on this innovative, free-market coverage option. In anticipation of open enrollment, which begins on November 1, CCHF has updated its chart comparing the four largest health care sharing options. The chart is available on their website [here](#).

Health care sharing organizations act as cooperatives. Members pay a monthly fee called a ‘share,’ either to the ministry or directly to other members to pay for their medical expenses. These ministries are private, non-profit, and, as required by law, religious. Each is unique, with its own set of guidelines, but unlike most health plans, they do not restrict access to doctors or specialists, and some cover supplements and other alternative therapies.

*“As open enrollment begins, Americans should consider moving from health plans to health care sharing to save costs, increase choices, and be free from restrictive corporate controls over private medical decisions,” said CCHF President and Co-founder Twila Brase, RN, PHN. “Too few Americans know about health care sharing so now is the perfect time to consider this valuable and affordable option for coverage. Our updated comparison [chart](#) will be useful for those looking to find more affordable coverage for themselves or their family.”*

CCHF is not affiliated with any health care sharing organization or insurance provider. To understand if the health sharing option is right for you, read CCHF’s [report on health sharing](#).

#### **About Citizens’ Council for Health Freedom:**

CCHF exists to protect patient and doctor freedom. As a national non-partisan health freedom organization, CCHF maintains a patient-centered, privacy-focused, free-market perspective. For more information visit: [www.cchffreedom.org](http://www.cchffreedom.org).