



Twila Brase, RN, PHN

Public Health Nurse
Co-founder and President
Biography – January 2025

Twila Brase is co-founder and president of Citizens' Council for Health Freedom (CCHF), a national patient- centered, privacy-focused, free-market, 501(c)3 health freedom policy organization launched in 1998 to protect patient and doctor freedom. She is author of the eight-time award-winning book ***Big Brother in the Exam Room: The Dangerous Truth about Electronic Health Records*** (Beaver's Pond Press, 2018), which is now in its fourth printing: www.BigBrotherInTheExamRoom.com. Twila says her efforts are only possible due to a great team and terrific donors.

Twila's efforts led to a 2014 temporary federal law requiring parental consent for research using "Baby DNA," the first-ever parent "Baby DNA" lawsuit, and a decades-long campaign exposing HIPAA as a *data-sharing* rule. She is founder of a national online directory of direct-pay practices known as **The Wedge of Health Freedom**[®] (JoinTheWedge.com). She also launched the **Patient Toolbox** (PatientToolbox.org), an easy-to-use tool to help patients understand their options in coercive situations and to maintain control over their treatment decisions. During the Covid crisis, she initiated CCHF's **Face Freedom** campaign (FaceFreedom.org) and a "**Don't Be Bullied: Make an Informed Choice**" billboard campaign (RealRisks.org) to stop face mask and vaccination mandates.

Her campaign to let seniors opt out of Medicare and keep their rightful Social Security benefits was supported by more than 44 free-market organizations nationwide. This request was successfully included in **President Trump's Medicare Executive Order 13890** signed on Oct. 3, 2019. (Unfortunately, Covid derailed the proposed rule, and Biden rescinded the E.O.) In Sept. 2024, at her direction, CCHF launched a campaign against the proposed **REAL ID** "progressive enforcement" rule, which over three weeks lead to an additional 31,701 public comments by the end of a 30-day comment deadline.

For 15 years, Twila has been producing the "**Health Freedom Minute**" program heard weekdays by more than 5 million listeners on approximately 870 radio stations in 47 states. She provides testimony at state legislatures, meets with members of Congress and health care policymakers, conducts original research, speaks around the country, and has been featured or quoted by *CNN, Forbes, Fox News, Fox Business, Nature, NBC Today, Politico, Science, Star Tribune, THE HILL, The Epoch Times, The Wall Street Journal, The Washington Post, and more.*

Twila led the effort to publish a one-of-a-kind 2024 **Medicare How-To Guide** (bit.ly/MedicareGuideCCHF) that garnered over 1,000 downloads in six weeks. In 2021, Twila authored CCHF's "**COVID-19 Quick Reference Guide**" (bit.ly/CCHFguide), which was published online in December 2020 and updated January 2023. The guide, downloaded over 150,000 times from CCHF's website alone, includes a Quick-Action Summary and Early Treatment instructions.

Modern Healthcare named Twila #75 on their 2009 "**100 Most Powerful People in Healthcare**" list. In 2020, *Minnesota Physician* included her in their list of "**100 Most Influential Healthcare Leaders.**" In 2019, Twila was selected as one of 18 leaders (out of more than 300 applicants) to participate in the U.S. Department of Health and Human Services **Quality Summit**, which met three times in Washington, D.C. Their discussions were used to provide President Trump with a roadmap for restructuring federal "quality measurement" programs.

Since 2017, her efforts have stopped the **Unique Patient ID** each year. In 2022, she testified before the Wyoming legislature, and in 2023, her work led to the Montana passage of the nation's **strongest state genetic privacy law.**