

ON AIR



Health Freedom Minute

April 16, 2026

Who Will Break Up Health Plans?

Members of Congress are talking about breaking up the health plans. AOC says it's outrageous that a health plan can own a PBM, a drug manufacturer and doctor's clinics. Bipartisan Senators Josh Hawley and Elizabeth Warren have introduced a "Break Up Big Medicine Act." And Oregon Senator Ron Wyden tweeted, "Time to break up big insurance." But in 2024 alone, health plans spent \$155 million lobbying Congress.

Meanwhile, the FTC established a new Healthcare Task Force to "protect American patients, healthcare workers, and taxpayers." This includes addressing consolidation in health care markets. However, unless they bring back affordable major medical indemnity insurance, real change won't happen.

"1 big thing: The thirst for insurance trustbusting," Caitlin Owens, Axios Future of Health Care, April 3, 2026: https://www.axios.com/newsletters/axios-future-of-health-care-f825b380-2e14-11f1-964c-31c93fa03090.html?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_axiosfutureofhealthcare&stream=top

"Insurance Lobbying," OpenSecrets, accessed April 6, 2026: <https://www.opensecrets.org/industries/lobbying?cycle=All&ind=F09>

"FTC convenes new Healthcare Task Force, with focus on technology," Mike Miliard, Healthcare IT News, March 24, 2026: https://www.healthcareitnews.com/news/ftc-convenes-new-healthcare-task-force-focus-technology?leadId=1398641&mkt_tok=NDIwLVlOQS0yOTIAAAGg42RegGbsXqIUisOzFDrN8jhvNEoljVDq3ane5PrHfQje4phEEG_RL9ys4_Wu6_gokwucarq_GF8kYG-AX_7xCbEwFW-f0fEKWzW497wsCB7t

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