

ON AIR



Health Freedom Minute

June 9, 2026

Ambient Listening Devices - Exam Room Advice

This is day two of exam room advice week. Let's talk about the ambient listening devices popping up in the exam room to record every word spoken during the visit.

It could be a phone, a computer, or embedded in the wall. You may not be asked to give consent. Or the doctor could walk in with a recorder, forcing you to be confrontational when all you want is care.

In many facilities, a small sign says if you stay in the room you've given consent. But what if you're too distracted to see it? What if you can't read?

So do this: Every time a new health care worker walks into the room, ask if there's a device recording the visit. If there is, tell them to turn it off. Then, don't say another word until you see them turn it off.

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:
Mon-Fri on more than 870 radio stations nationwide*

cchfreedom.org / info@cchfreedom.org / 651-646-8935