

ON AIR



Health Freedom Minute

June 19, 2026

Don't Use Your Insurance - Self-Pay Patient

Consider leaving your health insurance at home. Using your insurance often causes health care prices to be higher than if you paid cash. No law requires you to hand over your insurance card or to tell anyone you have insurance. With today's high deductibles, you might never reach it.

Consider how much more of your money you could keep by paying the cash price. That price might be even lower if you agree to pay the bill before you leave the office, or if you use a check instead of a credit card. Your previous bills show how little your health plan has paid the clinic or hospital in the past. You could even offer to pay them 10 percent more in cash than Medicare pays for the care you get. Try it and see. You might get a deal.

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*

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