

A red rectangular sign with the words "ON AIR" in white, bold, sans-serif capital letters.

Health Freedom Minute

August 10, 2026

Nuns Fired Blue Cross and Saved Millions

In just eight years, 120 nuns have slashed their health insurance costs by more than two million dollars.

They contacted a creative broker who told them to fire Blue Cross, and then to fire Express Scripts, the pharmacy benefits manager. Then they dropped their network and created a reference-based pricing plan that they fund through charitable giving. Reference-based pricing sets a fixed reimbursement rate based on a public data benchmark, like Medicare rates.

To pay for services, the nuns offer 125% of the Medicare rate. They use a vendor to negotiate as needed, and they bought reinsurance coverage to cover big bills. This affordable solution shows freedom and affordability are possible.

“My Nuns Fired Blue Cross. Eight Years Later, They’ve Saved Millions,” Katy Talento ND SCM, AllBetter (Substack), July 31, 2026:
https://www.katytalento.com/p/my-nuns-fired-blue-cross-eight-years?utm_source=unread-posts-digest-email

Presented daily by Twila Brase, President and Co-founder
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*The Health Freedom Minute is now heard in 48 states:
Mon-Fri on more than 870 radio stations nationwide*

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