



ON AIR



# Health Freedom Minute

September 22, 2026

## Look for Cash Options - #1

Try cutting your health care costs with cash. Prepare to take notes to capture my suggestions.

First, consider acting as though you are uninsured. Don't use your insurance card. Even at the pharmacy. Ask for the cash price. If you're healthy, you may never have enough expenses to reach your deductible so why not just pay less for the few expenses you have? Just check around for the best cash price you can find for the care you need and be prepared to pay before you leave.

If you need labs, here are some affordable options: Requestatest.com. DirectLabs.com, Anylabtestnow.com. You could end up paying two-thirds less than at the doctor's office and the results come directly to you. Stay tuned for more on cash tomorrow.

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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