

ON AIR



Health Freedom Minute

October 28, 2026

CCHF “Medicare How-To Guide” is Helpful Resource

It's Medicare annual enrollment time. The organization I lead, Citizens' Council for Health Freedom, just updated our very popular Medicare handbook. We call it the *Medicare How-To Guide*.

One person who read it told us, and I quote, “Now I know exactly what to do.” It includes a 12-point summary, a checklist, ten Medicare traps to avoid, key dates and a comprehensive list of terms, questions to ask Medicare agents, descriptions of the four Medicare parts and Medigap plans, and helpful quotes from independent agents.

We made it easy to read to help you make the most educated MEDICARE DECISION you can make until seniors have a better option than Medicare. Find it at CCHFreedom.org. CCHFreedom.org

Medicare How-To Guide, Citizens' Council for Health Freedom, May 2026:
cchfreedom.org/medicare

“Palmer Reintroduces Retirement Freedom Act, Allows Seniors to Choose Their Own Healthcare,” (press release), Office of Congressman Gary Palmer, April 9, 2025: <https://palmer.house.gov/media-center/press-releases/palmer-reintroduces-retirement-freedom-act-allows-seniors-choose-their>

“Medicare Advantage and Medicare Prescription Drug Programs Expected to Remain Stable in 2026,” (press release), CMS, September 26, 2025: <https://www.cms.gov/newsroom/press-releases/medicare-advantage-medicare-prescription-drug-programs-expected-remain-stable-2026>

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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