



Dear Liberty Members:

We are enthusiastic about this year and our mission to regain our strong track record in healthsharing by serving you, our members, with excellence. My goal is to continue empowering our members with the opportunity to help one another and protect our sharing community.

Many of you have reached out to me through email, voicing your concerns and questions regarding the changes we have made or are planning to make. Please know that I read every email and I appreciate your feedback, as it helps us improve our service to you.

Your responses encouraged us as we developed our advisory council, which is addressing critical issues to improve overall operations and efficiency for our healthsharing community. Additionally, with you in mind, we have created a new, highly trained Member Resolution team to help resolve issues with older outstanding expenses efficiently as possible.

In 2020, we are committed to providing the best service of any healthsharing ministry. This means responsibly stewarding our SharePower. We encourage you to use providers and facilities that will accept fair and reasonable rates to help maximize and protect the members.

The Healthcare Bluebook tool is at your disposal and can be a great asset when shopping for your healthcare. We also encourage you to take advantage of the measurable savings available through the HealthShareRx program for over-the-counter and prescription medications. As a member, you can have medication and diabetic supplies shipped directly to your home, giving your family the most significant savings.

Again, we are excited to move forward as a community and we thank you for being a faithful member of Liberty HealthShare.

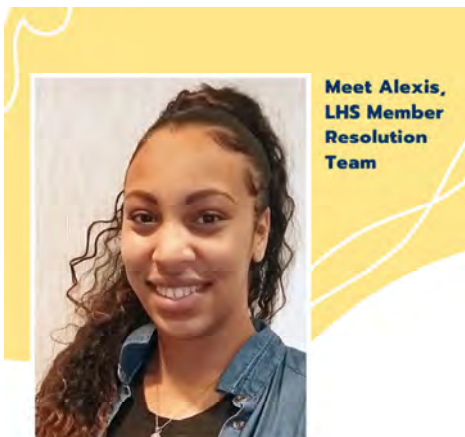
Drudy Abel, Acting CEO, Liberty HealthShare



ACHIEVE YOUR HEALTH AND WELLNESS GOALS IN 2020

If you are looking to be a healthier version of yourself this year, here are some simple tips to make your health goals stick...

[READ NOW](#)



LHS EMPLOYEE SPOTLIGHT

Meet Alexis, a LHS Member Resolution team member who is dedicated to helping you save on healthcare costs...

[READ NOW](#)

DECEMBER SHAREPOWER

LIBERTY HEALTHSHARE

SharePower	Medical Expenses
Received	Shared
\$26,760,591	\$26,767,446



PRENOTIFICATION FORM

If your provider prescribes a treatment, testing, procedure, or surgery, you can now send us a Prenotification request form.

You can download the form, complete & send it to us by fax or email.

Urgent requests should be called into our Prenotification department at 855-585-4237, option 4.



FIND THE PRENOTIFICATION FORM
IN YOUR SHAREBOX 6
WWW.LIBERTYHEALTHSHARE.ORG/DOWNLOADS

MONTHLY SHARES

We are offering Liberty HealthShare members the ability to pay their monthly share through automatic monthly ACH transfers.



Thank You

A special thank you to Santosh and Gita Patel, who recently gifted Liberty HealthShare members a \$5,000 grant.

This gift and others like it continue to help us serve and care for others.



HEALTHTRAC GRADUATES

Congratulations to these members who are improving their health by staying committed to their goals...

[READ MORE](#)



LOOK FOR KINDNESS

There are millions of acts of kindness which take place around the world every year, yet we don't often hear about them...

[READ MORE](#)

Enrollment Anniversary:

On the anniversary of your enrollment date, you will be charged a \$75 renewal fee in addition to your suggested monthly share amount.

You received this email because you subscribed to our list. You can [unsubscribe](#) at any time.

Liberty HealthShare
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855-585-4237



Achieve Your Health and Wellness Goals in 2020

January 9th, 2020

Transitioning back to a healthy lifestyle after overindulging during the holidays can be a tad overwhelming. We are all too familiar with the unrealistic New Year's resolutions and how quickly they can fail.

Dieting resolutions often flop because they are not planned for sustainability. If you are looking to be a healthier version of yourself in this year, focus on incorporating better habits rather than strictly eliminating unhealthy foods and activities from your lifestyle.

Here are some simple tips to making your health goals stick this year,

- **Get better sleep.** Getting enough sleep isn't all about total hours of sleep. It is also important to get quality sleep on a regular schedule so you feel rested when you wake up.
- **Focus on eating more whole foods.** Incorporate fresh fruits, vegetables and nuts into your daily diet. Be strategic in planning your snacks and meals to incorporate whole foods which provide our bodies with the antioxidants, phytonutrients, vitamins and minerals we need.
- **Moderation is key.** Strict elimination can lead to failure and overconsumption, focus on moderation. Moderation allows room for you to enjoy social settings or meal times while helping you fight negative feelings towards consuming certain foods.
- **Drink more water.** We've all heard this time and time again because it is so important. Drinking adequate amounts of water maintains fluid balance, regulates body temperature and digests food.

Here are a few of the best health and wellness resources to help you reach your goals in 2020.

- Abide (<https://www.youtube.com/channel/UCLsf95kSFthb2NNHle4a7fw>) is a Christian app to help you relax and sleep better. Add peace to your day through scripture, prayer and bible stories.
- Calm (<https://www.youtube.com/channel/UChSpME3QaSFAWK8Hpmg-Dyw>) is a popular mindfulness app that can help you lower anxiety and sleep better. It includes relaxing music and bedtime stories for children.
- Joyful Healthy Eats (<https://www.joyfulhealthyeats.com/>) find quick and healthy gluten free, paleo, vegan and kid-friendly 30-minute recipes.
- Pinch of Yum (<https://pinchofyum.com/>) healthy lunch and dinner ideas that are simple and easy to make.
- Love and Lemons (<https://www.loveandlemons.com/>) features whole food recipes that include vegan and gluten free recipes.
- Hydro Flask (https://www.hydroflask.com/?utm_source=avantlink&utm_medium=affiliate&avad=253877_d18d907dd&utm_campaign=Custom+Link) a stainless steel, double insulated bottle to help you conserve resources and stay hydrated.
- Atomic Habits (<https://jamesclear.com/>) can help you build better habits that stick so you can reach your goals.

When thinking of your health and wellness goals, remember the importance of creating better habits. Your health shouldn't be as simple as a New Year's resolution but the long term aspiration to live a healthier lifestyle.

If you need a quick, easy and fresh recipe to kick start your journey you'll love this healthy take on Black Bean Sweet Potato Chili.

Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato peeled and diced
- 1 large red onion diced
- 4 cloves garlic minced
- 2 tablespoons chili powder
- ½ teaspoon ground chipotle pepper
- ½ teaspoon ground cumin
- 1/4 teaspoon salt
- 3 ½ cups vegetable stock
- 1 15- ounce cans black beans rinsed
- 1 14.5- ounce can diced tomatoes
- ½ cup dried quinoa
- 4 teaspoons lime juice
- serving suggestions: avocado cilantro, crema, cheese

Instructions

1. Heat a large heavy bottom pot with the oil over medium high heat.
2. Add the sweet potato and onion and cook for about 5 minutes, until the onion is softened.
3. Add the garlic, chili powder, chipotle, cumin and salt and stir to combine.
4. Add the stock, tomatoes, black beans and quinoa and bring the mixture to a boil. Stir everything to combine.
5. Cover the pot and reduce the heat to maintain a gentle simmer.
6. Cook for 30-40 minutes until the quinoa is fully cooked and the sweet potatoes are soft and the entire mixture is slightly thick like a chili.
7. Add the lime juice and remove the pot from the heat. Season with salt as needed.
8. Garnish with avocado, cilantro, crema or cheese before serving.

Original recipe can be found [here](#).

Tags:

Health-And-Wellness

Healthtrac

Employee Spotlight: Alexis M.

January 8th, 2020

For our first employee spotlight, we would like to introduce you to Alexis.



Alexis is part of our Member Resolution Team, and has been with Liberty HealthShare since April 2019. As a Member Resolution Team Representative, Alexis is tasked with finding satisfactory resolutions to member concerns regarding billing and their overall experience with Liberty HealthShare.

Alexis took a couple moments out of her day to answer a few questions and help us get to know her a little better.

Here's what she had to say.

• What motivates you to wake up and go to work?

The top two reasons I enjoy coming to work are, one, feeling like I am actually making a difference in someone's life and being able to take some of their stressors away. And two, of course, the awesome group of people that I have the privilege of working with on the resolution team! We've become somewhat of a makeshift family and I am so grateful for all of them.

• What is your favorite thing about being a part of the Member Resolution team at LHS?

Being able to give people resolution on issues they have been working so tediously on. Also, seeing things through to the end and being able to deliver the good news gives me a sense of accomplishment.

• What are three words you would use to describe LHS?

Affordable, family-oriented, and honest

• What is your favorite TV show or movie?

My favorite show of all time is "The Office." I've seen every season, every episode, at least three times

• **Who makes up your family?**

I have three amazing children – Reyna, Dakota, and Titan; my wonderful boyfriend Sean; five of the greatest siblings in the world; my beautiful mother Leah; and my father Kenneth, God rest his soul.

• **What do you enjoy doing outside of work?**

Family is the most important thing in the world to me, so I am almost always with my siblings. Our dad taught us all to cook, so we have lots of family dinners throughout the month.

• **Is there anything else you'd like to share about yourself or your work at LHS?**

I enjoy doing my part here at LHS. I love getting to meet new members from across the country and learn about them and their families. Working here gives me a sense of purpose, and I don't think I could have made a better choice than LHS.

Alexis is just one of the many team members at Liberty HealthShare who are dedicated to helping our members with their healthcare situations.

We hope you look forward to getting to know other members of our team in future newsletters!

Tags:

Healthcare-Costs

Medical-Bills

Member-Education

Self-Pay-Patient

Personal-Responsibility

December and January Liberty HealthShare HealthTrac Graduates

January 7th, 2020

Congratulations HealthTrac Graduates!

- Flath Matthew
- Carroll Allison
- Smith Ashley
- Smith Brock
- Hines Jadell
- Farias Gerardo
- Springsteen Ned
- Traeger Chikako
- Johnson Scott
- Carl Jerri
- Anderson Lennie
- Lowry Amy
- Juarez Deborah
- Wiggins Guy
- Voss Andrew
- Piekarski Doug
- Denman Linda
- Sorenson Donna
- Bishop Darlynn
- Walter Dawn
- Shaw Kathryn
- Culver Frank
- Steiner Judith
- Keith William
- Mainka Kathryn
- Overton Cynthia
- Nester Barry
- McGee Amy
- Herrington Teresa
- O'Leary Meg
- Patnett Andre
- Davis Donald
- Rivera Pam
- Tolbert Charles
- Hengst Karen
- Rasmussen Kathleen
- Towles Debra
- Macro Christina
- G Rich

Tags:

[Freedom](#) [Healthcare-Costs](#) [Healthtrac](#) [Healthtrac-Graduates](#)

Look for Kindness

January 6th, 2020

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Gal. 5:22



There are millions of acts of kindness that take place around the world every year, but we don't often hear about them. Yet, these simple acts encourage us and remind us that sharing makes communities and our world a better place.

Here are a few acts of kindness stories I read at the end of 2019:

Volunteers made 3,694 cookies in one day for American troops serving overseas

Santina Flynn, began a tradition of sending her son, a US Marine and military members like him, cookies at Christmas. When Flynn passed away, her friends gathered in her honor and in a massive effort of love and charity, they baked 3,694 cookies in one day to send to US troops.

A man delivers snow to comfort a sick friend

A man had an illness that caused burning sensations all over his body. His best friend had snow delivered to the sick man's front yard, so that he could make snow angels, like he did as a child, so he could experience temporary relief from pain. This act of kindness and love took place in Florida and it was stunning to watch this man step into the snow weeping, in a pair of shorts and tee-shirt to make a healing snow angel.

A man at the end of his life requested to be baptized by water

An 80-year-old man wanted to be baptized, but he was confined to a hospital bed and could not walk to attend church to be baptized. His family and the hospital staff helped fulfill his request to be baptized right where he was.

And, my personal acts of kindness favorite...

A group of strangers blessed an unsuspecting waitress with a large tip

Shilo Carr, founder of LOVE Lunchsack Ministry, and her four friends, went to IHOP looking for someone to bless. After the group finished eating, the group of strangers each stated they each wanted to give their server, Margaret Samano, a 100-dollar bill. Together, they blessed her with a \$500 tip. You can see her reaction in the video [here](#).

No matter what you see on the news, there is good taking place each day.

We each have the power to make a difference. We can take an action, however small, that help someone.

I am challenging you, as well as myself, make this year the best year, for you and someone else. Be His light in this world. Love deeply every day and allow God to use you to bring the joy of Jesus to others.

Wes Humble is the Executive Director of Ministry and Community Relations at Liberty HealthShare. He has thirty years of experience in various pastoral and editorial roles, and he is passionate about responding to the spiritual needs of both ministry staff and members.

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