

Liberty HealthShare December 2020 Newsletter



Our offices will close at 3PM EST on Christmas Eve, Thursday, Dec. 24 and be closed on Christmas Day, Friday, Dec. 25. We will close at 3PM EST on Thursday, Dec. 31 and be closed New Year's Day, Jan. 1, 2021.



WISHING YOU A MERRY CHRISTMAS

From our Liberty HealthShare family to yours, we wish you a Merry Christmas and Blessed New Year!



SHAREBOX IS YOUR MOST IMPORTANT MEMBERSHIP TOOL

Your ShareBox is your most important membership tool. It's where you will submit expenses and receive important information. Let's take a look inside...

[READ NOW](#)



COVID-19 VACCINE: WEBINAR WITH PETER PITTS

In this webinar, Peter Pitts offers his experience and insight to answer our member questions about the COVID-19 vaccine and what you can expect...

[READ NOW](#)



FAQ ABOUT MATERNITY AT LIBERTY HEALTHSHARE

If you are expecting, we are here to provide the best care for you and your growing family. Here are answers to some of your frequently asked questions regarding maternity...

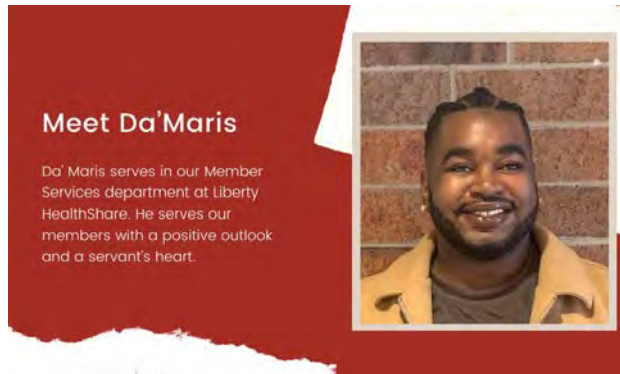
[READ NOW](#)



HEALTHY CHRISTMAS COOKIE RECIPES FOR YOU TO ENJOY

During the Christmas season, you can rejoice in the holiday spirit and enjoy long-awaited Christmas desserts while also remembering to take care of yourself...

[READ NOW](#)



LHS SPOTLIGHT: MEET DA' MARIS

Da'Maris serves in our Member Services department. He helps our members, providers and coworkers with a positive outlook and servant's heart...

[READ NOW](#)



ENCOUNTER AND RESPONSE IS PART OF THE CHRISTMAS MIRACLE

It was a scary message that Mary received from the angel of the Lord. After this miraculous encounter, Mary responded, "I am the Lord's servant"...

[READ NOW](#)



ISHARE: CARING FOR OTHERS THIS HOLIDAY SEASON.

If you are looking for ways to bless others this holiday season, you can give to those in your sharing community who are experiencing hardship through our donation-based initiative, iShare...

[DONATE NOW](#)

NOVEMBER SHAREPOWER

Together in Health



SHAREPOWER RECEIVED

\$31,554,650

MEDICAL EXPENSES RECEIVED

\$35,554,477

MEDICAL EXPENSES SHARED

\$31,522,944

Liberty
TeleHealth

Protect your health
this winter by seeing a
provider from the safety
and comfort of home.

Liberty
HealthShare

Congratulations to the 100 Liberty HealthShare members and giveaway winners who enrolled in Liberty TeleHealth in the month of November. Watch for our next giveaway!

SIGN UP



HealthShareRx

As a HealthSharing member, you can save **BIG** on acute prescriptions, maintenance drugs & other medicines!



Healthcare Bluebook.

Make shopping for healthcare **easy**. You can save by choosing high-quality, affordable providers & facilities.



Membership Cards

YOU CAN REQUEST A NEW CARD OR DOWNLOAD IT TO YOUR MOBILE DEVICE THROUGH YOUR SHAREBOX!

Request

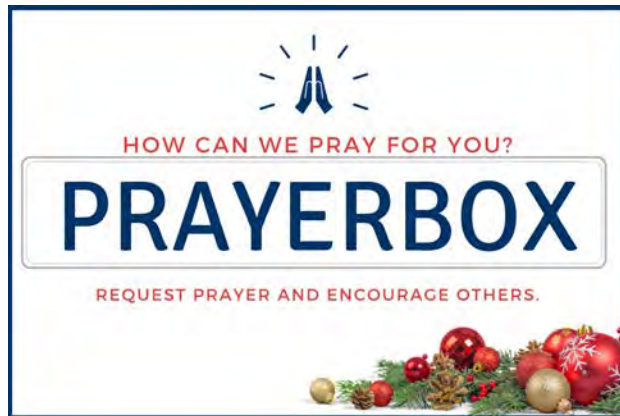
Print



"I am proud to be a member of this HealthSharing Ministry."

LEGAN F.





SHARE YOUR PRAYER REQUESTS

Do you or a loved one need prayer
over the holidays?

Leave your prayer request in your
Prayerbox located in your ShareBox and
we will pray for you...

[VISIT NOW](#)



CONGRATULATIONS HEALTHTRAC MEMBERS

Join us in congratulating these members!

They have met their health goals and
have successfully completed
our HealthTrac program in November...

[READ NOW](#)

Jeanine Cookson found herself in a tough spot 5 years ago, until her friend introduced her to Liberty HealthShare. She doesn't think that she'll ever go back to the old way of paying for healthcare costs.

[CLICK TO WATCH](#)



YOUR LIBERTY MEMBERSHIP

Important information and updates

MEMBER SERVICES

If you need member services support at this time, we encourage you to use ShareBox or email as the primary means to communicate. We promise to ensure your inquiry is addressed, but it may take a little longer due to our temporary safety measures aimed to protect our employees.

PRENOTE

If your provider prescribes a non-urgent treatment, testing, procedure or surgery, please send us a prenotification request form found in your ShareBox.

Urgent prenotifications should be called into our Prenote department at 855-585-4237.

SHAREBOX

The latest information regarding any sharing questions can be found via your personal ShareBox.

MEMBER PAYMENTS

All monthly shares should be sent via ShareBox. At this time, please do not come to our offices to submit your monthly share; instead, mail your monthly share to the following address:

Payee: Gospel Light DBA Liberty HealthShare
Payment Address: PO Box 771972, Detroit, Michigan 48277-1972



YOUR SHAREBOX

How to update your membership

It's important to keep your membership information, such as your address and contact information, up-to-date in your ShareBox. This can help improve sharing times for you and all of our members.

Log into your [ShareBox](#). On the left-hand side click on **"MEMBERSHIP,"** and review your email, phone, and address to ensure they are correct. You can also make program changes, update your sharing name, or update your share funding.

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
4845 Fulton Dr. NW, Canton, OH 44718
855-585-4237



Sharebox Is Your Most Important Membership Tool

November 17th, 2020

Your ShareBox is your most important membership tool so you will want to spend some time becoming familiar with it. This is where you will submit your eligible medical expenses and receive important information related to your Liberty membership and healthsharing community.

ShareBox is secure, so you can trust that your privacy and information is protected.

There are many features in ShareBox, including:

- Medical expenses and statuses;
- Annual Unshared Amount and balance;
- Notifications for your submitted expenses and medical bills;
- Documents and resources to support your health journey;
- Membership information and program level;
- Sharing history;
- PrayerBox to request prayer and encourage others.

Let's take a look inside ShareBox. You can also view the ShareBox video [here](#)

To login, visit our website at www.libertyhealthshare.org and click on the top right-hand side of your screen. Click **“Member Login”** and login with your email and password to begin using your ShareBox!

Once you've logged in, you will see your dashboard. Inside the dashboard you can view your program links, to-do items, and alert messages, just for you.

On the left-hand side of your dashboard, you can view your tabs. Each one takes you to a different area within your membership.

For instance, the **PrayerBox** tab is where you can submit a prayer request and offer encouragement to other members.

The **Medical tab** is where you can submit an expense, review the status of your bills, and find your Explanation of Sharing, or EOS document.

If you need to search for a provider in your area, you can view the **Provider tab** or use the HealthCare BlueBook tool located on your dashboard.

The **Sharing History tab** is where you can see where your contributions are going.

You can find important information and membership support in your **Notifications and Resources tabs**.

In this area you will find instructional videos, past newsletters, important membership information, getting started guides and important authorization and request forms.

Some of our members choose to donate extra shares to our ministry to keep our SharePower strong. If you've done this, click on the **Donations tab** to see your donations.

Next, your **Membership tab** is where you will go to update your membership and program information. In this area you can update your contact information, view your program level and details, request membership cards, check when your renewal will occur, and set up your payment methods, including auto-payments.

ShareBox is your communication hub. You can make it your own and change your settings to your preferences! Make changes to how tasks show up in your ShareBox, what landing page you want to see when you log in, and how many expenses you want to view per page.

Check your ShareBox often to find important information related to your healthsharing program! To login, visit our website at www.libertyhealthshare.org and click on the top right-hand side of your screen. Click **"Member Login"** and login with your email and password to begin using your ShareBox!

Thanks for being a part of Liberty HealthShare!

COVID-19 Vaccine Q&A With Peter Pitts

December 17th, 2020



COVID-19 VACCINE WEBINAR WITH PETER PITTS

Liberty HealthShare offered members the opportunity to access to a virtual webinar, “COVID-19 Vaccine Q&A,” with health expert and former FDA commissioner, Peter Pitts. We received over 600 questions from our members and Peter provided answers for our members regarding treatments, vaccine development and safety, distribution and more!

We believe that our members are wise healthcare consumers who make informed decisions for themselves and their family and our goal is to provide our members with information from an expert in the field of healthcare policy.

You can view the replay of the webinar [here](#).

The comments and opinions that Peter Pitts expressed in this virtual webinar are his own and not those of Liberty HealthShare.

Q. Do you recommend this vaccine and will you be taking it?

I plan to get vaccinated and I want to get vaccinated as early as possible. All the vaccines that are going through the FDA will be safe and over 95% effective.

Q. What do you say to those who are concerned that the COVID-19 vaccine came to market too quickly?

This is a legitimate concern. The vaccines that will be approved by the FDA will be safe and effective.

Q. Do those who are young and healthy need to get the vaccine?

Yes, if you are young and healthy and you become infected with COVID-19, you will probably have a mild impact, similar to the flu or you may be asymptomatic. However, this doesn't mean that you cannot transmit the disease. One of the important things to understand about vaccines is that it protects you as an individual, as well as everyone around you.

We are all in this together and vaccines play an incredibly important role in keeping our nation healthy.

Q. If someone has had COVID-19 already, should they still get the vaccine?

Yes. If you've had COVID-19 once, you can get it again. There are many instances where people have had it and gotten it a second time.

Q. How many different vaccines do we have coming to market right now that you can discuss?

I believe that by Christmas we will have two vaccines available and approved by the FDA, one by Pfizer and one by Moderna, these are both RNA vaccines. The US has purchased hundreds of millions of doses of these vaccines, which means we'll be well on our way to vaccinating groups of people, such as healthcare workers, public safety officials, as well as senior citizens, especially those in retirement facilities.

Q. There are some mild side effects associated with the COVID-19 vaccine, what about any long-term effects? Should people be concerned about getting this vaccine?

These are very important questions to be addressed to make an informed decision. You may experience a mild headache or fatigue, muscle ache or perhaps some soreness where you got the injection, but these symptoms should pass very quickly.

Many treatments may have a side effect and you should weigh the side effects against the benefits. I would say that being vaccinated against COVID-19 and being able to regain our normal lives is worth the slight discomfort that these vaccines may provide.

Q. Do you feel that with the upcoming vaccines, the end of the pandemic is in sight?

I believe that if we all do the right thing and get vaccinated as soon as we can, we will beat COVID-19 perhaps by April or May, but definitely into the summer and we can look forward to a healthier 2021.

Q. Can you still get COVID-19 after you get the vaccine?

No vaccine is 100% effective. Pfizer and the majority of vaccines, which will be approved initially by the FDA are 95% effective. There is a chance that you can get vaccinated and still contract COVID-19, but it's extremely unlikely.

Q. Are the elderly and those with underlying health conditions and compromised immune systems likely to have any other side effects? Will the “at-risk” get the vaccine like the general population?

Anybody that is vaccinated has the opportunity to experience mild side effects. The important thing to recognize is that the known side effects will in no way endanger at-risk populations. These side effects will not affect the ability to have immunity and are unlikely to be life threatening.

Q. What is the general analysis of what is inside this vaccine?

Well, again, all of these vaccines are different, but the ones that we will see in 2021 are based on mRNA technology.

Q. Do they really contain mRNA messenger units that tell your body what to produce to in order to create immunity against COVID-19? Have we ever used an mRNA before?

That's a great question. This is new technology; it has been around for about six years. We haven't used it in any type of vaccine, but we've understood it and that's the important thing. It's very well understood from both from a developmental perspective in how it works in the human body, as well as from a manufacturing perspective.

It's very exciting for me that these vaccines actually are more effective and safer than the previous generation of vaccines. We've really done tremendous science, mRNA technology is going to move forward, not just for COVID-19, but for all vaccines that are coming for other diseases afterwards.

Q. In the news recently, the FDA in England approved their vaccines before we did. Why is this and is this something that should concern us? Why wasn't it approved in the US?

Not all regulatory agencies address, review, and approve in the same way. The US FDA only reviews the data once it's complete. That's one reason why the UK regulatory experts were able to move a little bit earlier and that's because they review the information as it is presented and not as a complete package.

Another reason is that in the US, we have an advisory committee of vaccine experts to help the FDA review the vaccines and ensure we have agreement to move forward. We are making sure the science is solid to ensure we are doing the right thing and gaining public trust.

The FDA is being very cautious by calling the advisory committee. This is a signal to the public that these decisions are trustworthy, science-based, and we have confidence in the final decision.

The US approval process doesn't take longer: it's simply different. It's important to understand that different countries do things in different ways.

Q. What is Herd immunity and what percentage of the population needs to be vaccinated for us to get to that point?

Scientific evidence says that we need about 60% inoculation rates to achieve Herd immunity.

Q. Will the virus mutate?

Of course it will, that's what viruses do to survive. Which is why for the foreseeable future, we will have to get an annual flu and COVID-19 shot.

Q. Many people want to be able to get back to normal, including not wearing a mask when they're out. When do you see that happening?

I believe that while we are all getting vaccinated, we will have to continue to wear masks, maintain proper social distancing and enhanced personal hygiene. I also believe that by mid-2021, if the inoculation rates look good and are progressing, we will be able to loosen those restrictions a little bit.

Unfortunately, for the time being, we are going to have to continue to wear masks and maintain social distancing.

Q. How does the vaccine process work?

That's a great question. Rather than getting a single shot, we will need to get two shots, three weeks apart. This is why innovation is important, as we get better, targeted COVID-19 vaccines will be able to move to one injection.

Q. How long will these vaccines keep us protected from COVID-19? How long are we looking at before needing another shot?

The current science is telling us that we are going to have to get vaccinated against COVID-19 every year.

Q. How much this vaccine is going to cost?

The cost will be similar to the annual flu shot, about \$40.

Q. What's the sharing policy of Liberty HealthShare for COVID-19 vaccines?

If you are experiencing symptoms and your doctor recommends that you should be tested for COVID-19, the cost of the COVID-19 test will be shareable through your Liberty HealthShare membership. Once COVID-19 vaccines become available, the vaccine will be subject to the AUA and shareable according to our current Sharing Guidelines. You can read more about your Liberty HealthShare membership as it relates to COVID-19, [here](#).

Q. What are the biggest misconceptions and what message would you like to share?

Getting vaccinated isn't only about keeping yourself healthy, it's about keeping your family, your neighbors, your community, your state, and your country healthy as well.

We're all in this together and we believe in the concept of health sharing and helping keep each other healthy. The reason to get vaccinated is help yourself and help everybody that you love and all your neighbors stay healthy.

Q. What would you say to those people who feel uncertain about the vaccines?

We live in a world where we come into contact with people every day. Everyone wants to go on outings, see friends and spend holidays with loved ones. The only way to accomplish this is to beat COVID-19 and we can help do that by getting vaccinated.

People have to make their own informed choices, and my belief is that the vaccine is safe and effective.

- How Liberty HealthShare is working to help protect members and employees (<https://libertyhealthshare.org/covid-19>).
 - Liberty HealthShare members and friends are helping one another through iShare (<https://libertyhealthshare.org/ishare>).
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Liberty HealthShare and Maternity

December 17th, 2020



Liberty HealthShare and Maternity

Preparing for the arrival of your little one is very exciting, but it can feel overwhelming at times, especially when trying to navigate your healthcare.

As a Liberty HealthShare member, your maternity experience will be unique and your community will be here to support you during this time. We have efficient processes in place to help you smoothly transition throughout your pregnancy and post-pregnancy journey, to provide the best care for you and your growing family. We often hear our members ask how their healthsharing membership will work with their upcoming maternity expenses and how they can receive the most value from their healthcare.

In this article, we offer answers to some of our frequently asked questions regarding maternity and how it relates to our current Sharing Guidelines at Liberty HealthShare.

How will Liberty HealthShare support me during my pregnancy?

A Maternity Facilitator is assigned to you after you contact our Prenotification department with the news that you are expecting. Soon after, your facilitator will send you a welcome email that includes information related to your maternity care and

contact information. They will contact you to discuss your plans for delivery and answer any questions you have related to sharable expenses.

If you do not receive a welcome letter from a maternity facilitator within 7-10 days of your initial call to let us know you are expecting, please check the spam folder in your email and the membership area of your ShareBox to ensure that your contact and email address is correct. If you find that you still have not received the welcome email, please give us a call.

Which services related to my pregnancy require prenotification?

- As soon as you become aware of your pregnancy, you must complete a prenotification request. *Eligibility for your pregnancy must be confirmed by our prenotification team in order for your maternity expenses to be eligible for sharing. Keep in mind that members must be enrolled before conception for maternity to be eligible for sharing.*
- If your pregnancy is determined to be high-risk, additional prenotification is not required **unless** further intervention outside of normal prenatal care or hospitalization is deemed necessary.
- Delivery or induction does not require a separate prenotification.
- Planned circumcision for newborn boys does not require additional prenotification: it is included under the mother’s maternity prenotification.

Which maternity-related services are NOT shareable within the Liberty HealthShare community?

The following services are not eligible for sharing with your Liberty HealthShare membership:

- Genetic testing
- Doulas
- Birthing tubs or liners
- Tubal ligations or sterilization

Breast Pumps are not shareable through your sharing program; however, your Maternity Facilitator will provide you with information about discounted breast pumps. In addition, two lactation consultations are eligible for sharing post-partum.

How do I submit expenses for maternity care?

You should submit your eligible medical expenses for maternity care like any other expense. Submitting your medical expenses with all the required documentation helps us to facilitate your medical expenses. When submitting, you will need:

- Patient name
- Itemized invoice/statement/agreement
- Receipt of any payments made to the provider for this expense

- Type of service/CPT procedure code
- Diagnosis code (ICD format)
- Charge for the service 855-585-4237 (tel: 855-585-4237)
- Date of service
- Healthcare professional's name/credentials and address

You can read more about the how to submit a bill and watch a helpful video [here](#).

How will my eligible maternity expenses be applied to my Annual Unshared Amount (AUA)?

Your AUA is the amount of medical costs that you are responsible for before sharing can take place. All eligible maternity expenses will be applied to the member's AUA according to the date of service.

In some instances, a member's AUA will renew during their pregnancy due to their membership renewal date. If this occurs, the member could potentially have to meet their AUA twice during their pregnancy in order to be eligible for sharing.

Example: Pregnancy Estimated Due Date: 10/31/2020

Membership Renewal Date: 8/1/2020

In this instance, the member would be required to satisfy their AUA for any expenses with a date of service occurring during their membership year of 8/1/2019-9/31/2020 **AND** for expenses with date of service occurring after membership renewal of 8/1/2020.

If your provider offers a discount as part of a global maternity package, a portion of your maternity expenses may be shared by members early in your pregnancy and/or after delivery. This may also impact how your expenses are applied to your AUA.

My provider/hospital will not bill Liberty directly, what do I do?

If your provider or facility will not bill us directly, ask them for written estimates for a self-pay discount. OB/midwives may offer global maternity packages that include prenatal, delivery and post-partum care for a flat rate. Please communicate and inquire with them about this.

You can also ask the provider if they would be interested in entering into a single case agreement with Liberty HealthShare. In this circumstance, a pricing agreement is reached prior to any medical service being performed, and sharing of those expenses occurs within the terms of the agreement. Please provide your maternity facilitator with your provider's contact information so we can help in negotiating the best pricing for your services.

My provider/hospital expects payment prior to delivery, what do I do?

Please contact your Liberty HealthShare Maternity Facilitator to determine your options.

I recently delivered my baby, what do I need to do now?

You must add your newborn to your Liberty HealthShare membership within 30 days of birth. If your baby is not added to your membership within this timeframe, any expenses incurred for your baby will not be eligible for sharing. To add your newborn to your membership, please contact the Enrollment department at 855-585-4237 ext.1768.

If your baby requires additional care and hospital stay (NICU), please ensure your baby is added to your membership **AND** contact the prenotification department to prenotify the NICU stay.

As always, Liberty HealthShare is here to support you during your health journey and this includes maternity care.

Healthy Christmas Cookies Recipes

December 17th, 2020



Healthy Christmas Cookie Recipes

It is that time of year again! 'Tis the season for holiday lights, Christmas music and of course, sweets. During this Christmas season, you can rejoice in the holiday spirit while also remembering to take care of yourself. This means finding a good balance between indulging in the long-awaited Christmas desserts and giving your body the nutrition it needs.

With this in mind, we rounded up some healthy (and yummy) Christmas cookie recipes for you to make and share with your loved ones this season. We hope you enjoy these baked goods and we wish you a Merry Christmas!

Flourless Peanut Butter Cookies

Directions

Step 1 - Preheat oven to 350°F and place the racks in the upper and lower third of the oven.

Step 2 – In a medium bowl, mix the peanut butter, sugar, vanilla and egg until well combined. Spoon 1 tablespoon of the mixture about 1 inch apart onto ungreased baking sheets. Flatten the mound with the tines of a fork, making a crosshatch pattern on the cookies. Sprinkle coarse salt on top of the cookies.

Step 3 – Bake until golden around the edges, about 10 minutes, switching the position of the sheets halfway through baking. Transfer to racks to cool. Repeat with the remaining dough.

Source: **Flourless Peanut Butter Cookies**

Soft Gingerbread Cookies

These soft gingerbread cookies is guilt-free version of a Christmas favorite.

Ingredients

- 1 egg
- ½ cup brown sugar
- ¼ cup molasses
- ¼ cup almond butter
- 2 tablespoons butter, melted
- 2 tablespoons applesauce
- 2 teaspoons ground ginger
- 1 teaspoon cinnamon
- 2 teaspoons allspice
- ¼ teaspoon kosher salt
- ½ teaspoon baking soda
- 1 ¼ cup all-purpose flour
- ½ cup wheat flour
- Turbinado sugar (for garnish)

Directions

Step 1: In a medium bowl, add 1 egg, ½ cup brown sugar, ¼ cup molasses, ¼ cup almond butter, 2 tablespoons melted butter, and 2 tablespoons applesauce; vigorously whisk to thoroughly combine.

Step 2: To the wet ingredients, stir in 2 teaspoons ground ginger, 1 teaspoon cinnamon, 2 teaspoons allspice, ¼ teaspoon kosher salt, ½ teaspoon baking soda, 1 ¼ cup all-purpose flour, and ½ cup wheat flour until well combined. Turn out onto plastic wrap and form into a rough ball; cover with plastic wrap and chill at least 1 hour, or overnight.

Step 3: Preheat oven to 350°F

Step 4: Flour a flat surface and a rolling pin, then roll out the dough ¼-inch thick. Use a cookie cutter to cut out gingerbread men, about 25-35 total. Place gingerbread men on a parchment paper-lined baking sheet and sprinkle with turbinado sugar.

Step 5: Bake about 8 minutes, until puffed and slightly firmed. Let rest on the pan for 2 to 3 minutes, then transfer to a cooling rack. Store covered at room temperature for several days or freeze for several months.

Source: **Soft Gingerbread Cookies**

Lighter Chocolate Chip Cookies

This yummy Chocolate Chip cookie recipe will give you the warm feeling of a traditional treat minus the fat and extra calories!

Ingredients

- 1/2 cup rolled oats (not quick-cooking)
- 1 cup whole-wheat pastry flour, spooned and leveled
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 4 tablespoons (1/2 stick) unsalted butter, softened
- 2/3 cup packed light brown sugar

- 3 tablespoons agave nectar
- 1 large egg, room temperature
- 2 teaspoons pure vanilla extract
- 4 ounces semisweet chocolate, chopped, or 1/2 cup semisweet chocolate chips

Directions

Step 1 -Preheat the oven to 350 degrees F. Combine the oats, flour, baking soda and salt in a food processor and pulse until the oats are finely ground. Set aside.

Step 2 -In the bowl of an electric mixer, cream the butter, sugar and agave nectar until light and fluffy. Add the egg and vanilla and mix until smooth and glossy. Reduce mixer speed to the lowest setting and gradually add the flour mixture until just incorporated; stir in the chocolate.

Step 3 -Drop level tablespoons of the dough onto silicone mat lined baking sheets, 2 inches apart (12 cookies per sheet). Transfer the sheets to the refrigerator and chill the cookies until solid, about 30 minutes.

Step 4 -Bake until lightly golden around edges, about 12 to 14 minutes, rotating the pans halfway through. Remove the baking sheets from the oven and let cool on the sheets for 1 minute; transfer to a wire rack to cool completely.

Source: **Lighter Chocolate Chip Cookies**

Iced Whole Wheat Sugar Cookies

Healthy cookies are one thing, but healthier icing is difficult to find. Choose healthier options all around with this Iced Whole Wheat Sugar Cookie recipe!

Ingredients

Cookies

- 9 ounces whole wheat flour (about 2 cups)
- ½ teaspoon salt
- ¼ teaspoon baking powder
- 10 tablespoon butter, softened

- ½ cup granulated sugar
- 1 large egg, room temperature
- 2 teaspoons pure vanilla extract
- 4 ounces semisweet chocolate, chopped, or ½ cup semisweet chocolate chips

Icing

- ½ cup powdered sugar
- 2 tablespoons plain 2% reduced-fat Greek yogurt
- ¼ teaspoon grated lemon rind
- Naturally colored sparkling sugar (optional)

Directions

Step 1: To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife. Whisk together flour, salt, and baking powder in a medium bowl. Beat butter, granulated sugar, and cream cheese in a large bowl with an electric mixer on high speed until light and fluffy, about 3 minutes. Add egg; beat until well blended. Add vanilla; beat until blended. Reduce mixer speed to low. Gradually add flour mixture to butter mixture; beat just until combined.

Step 2: Flatten dough into a 6-inch disk: wrap with plastic wrap. Chill 1 hour.

Step 3: Preheat oven to 350°F.

Step 4: Roll dough to ¼-inch thickness on a lightly floured surface. Cut out 32 cookies, using a 2- or 3-inch cutter, rerolling scraps as necessary. Place cookies 1 inch apart on baking sheets lined with parchment paper. Bake 12 minutes or until lightly browned around edges. Cool.

Step 5: To prepare icing, whisk together powdered sugar, yogurt, and rind; drizzle over cookies. Sprinkle with sparkling sugar, if desired. Let stand on a wire rack until icing is set, about 15 minutes.

Source: **Iced Whole Wheat Sugar Cookies**

Employee Spotlight: Meet Da'Maris

December 17th, 2020

Meet Da'Maris

Da' Maris serves in our Member Services department at Liberty HealthShare. He serves our members with a positive outlook and a servant's heart.



Every month we share with you special insight on the great employees we have here at Liberty HealthShare.

For the month of December, we are excited to introduce Da'Maris, who was happy to share about himself and his journey at Liberty HealthShare. Da'Maris has supported our ministry by assisting our members, their providers and his coworkers with a positive outlook and a servant's heart. He does his best to help others, which doesn't go unnoticed by our members.

"Da'Maris has given me incredible customer service to help me figure out my account and made sure I felt comfortable understanding everything," one of our active healthsharing members said

We hope you enjoy learning more about him and his contributions to our Liberty HealthShare family.

What is your role at Liberty HealthShare? What do you do in that role?

I'd like to think of myself as a Member and Provider Services Advisor because I assist our members, providers, and advocates with questions and help them to find solutions for any issues they run into.

How long have you worked here?

I have worked at Liberty HealthShare since May 2019.

What is your favorite thing about being a part of the Liberty HealthShare team?

My favorite thing about being a part of the Liberty HealthShare team is knowing that we are constantly working together daily to help our members and providers. Whether it is helping a member understand how to utilize their ShareBox or assisting a provider, it all ties into our values of honoring Christ by giving selfless, compassionate service, acting with integrity, and producing innovative solutions.

Along with myself, my fellow co-workers practice these values daily and I enjoy working in an environment like this. I work with some of the most amazing people who leave their personal issues at the door and work as a team to help our members and providers. Our team encourages me and that makes me feel comfortable to be myself.

What phrase would use to describe Liberty HealthShare?

Positive, persistent, and professional.

Since you interact with so many of our employees daily, what is something you wish our members knew about the culture at Liberty HealthShare?

Recently, through our Inclusion and Diversity Committee, we celebrated Hispanic Heritage Month and learned different facts about various cultures. In passing, coworkers are able to discuss different topics that we didn't know about before. Even though we may not always see eye to eye or have the same views, we are able to love each other enough to see past that and accept one another as a human.

What made you want to work at Liberty HealthShare?

I grew up in a Christian household when I was younger, memorized bible verses before Sunday school, and I was in the church choir. To find a job that valued Christ as much as I do was a complete blessing. I wanted to work here because I wanted to be in an environment that revolved around Christian values.

Besides longing for an employer that values Christ, I also had experience in the medical field which I felt would be helpful to Liberty HealthShare. I have worked in different healthcare settings that taught me patience and time management. I love interacting with people, socializing is big to me. I use to get in trouble in school for talking too much, so this was a great fit for me!

What is your most memorable moment at Liberty HealthShare?

My most memorable moment at Liberty HealthShare is when it was the month of October, and I had my team support breast cancer survivors by wearing pink and holding signs with positive affirmations and sayings that I made the night before. I enjoyed seeing the impact it made on my coworkers, it was a perfect opportunity to show my team and everyone where my heart was.

What's your favorite scripture or quote?

“Know this, my beloved brothers: let every person be **quick to hear**, slow to speak, slow to anger; for the anger of man does not produce the righteousness that God requires” (James 1:19–20).

This is a scripture I reference while on the phones daily. Our members want to be heard. It is up to us as their advocates to listen and understand them. This is something people should practice every day.

What do you wish more people knew about the work you do/have done?

I wish people knew, if you don't know already, that I truly love the work I do at Liberty HealthShare. It brings me joy and peace when I go to sleep at night, knowing that, I am able to help a number of people in different ways. Whether it be explaining a policy or guideline to a member or helping a provider understand how we process bills, it's all worth it.

Who inspires you, and why?

All the employees at Liberty HealthShare who come to work every day inspire me. They inspire me because during a tough times like this, when you don't know what may happen tomorrow, they still come to work and get the job done!

We enjoy one another's company during work hours and go home and take care of business there too. We push each other to keep going! We have people that have personal or family issues of their own, and they still continue to overlook the adversity that this year has caused and come to work to serve. That's truly admirable and should be praised.

What are your goals in life and/or at work?

I have a lot of goals that I work on daily, but here are a few: go back to school for Nursing and Medical Administration, and minor in Paralegal Studies. I also have a goal to travel the world and enjoy life to the fullest. Life is too short.

What are some of your favorites – favorite hobbies? Food? TV show or movie?

Some of my hobbies include editing videos, photography, and traveling. I like seafood, veggies, and anything I can cook in my air fryer. I also enjoy shows like Grey's Anatomy, Law and Order SVU, or anything with suspense.

Who makes up your family?

My family is made up of my little brother, partner, and a bunch of cousins, aunts and uncles!

What else would you like to share about yourself, Liberty HealthShare or your volunteer work?

I write down positive affirmations at my desk during my down time one of them is:
Be Kind...Always.

Da'Maris is one of the many employees here at Liberty HealthShare that care deeply about serving our members. Make sure to check back next month to get to know another member of our team!

Encounter and Response Is Part of the Christmas Miracle

December 17th, 2020



Mary responded, “I am the Lord’s servant. May everything you have said about me come true.”

Luke 1:37-38 NLT

It was a scary message that Mary received from the angel of the Lord. She was young, she was not married, she was no one special and yet the message was, “you are going to get pregnant and the child will be a miracle prompted by the Holy Spirit.” She was told to not be afraid. She was asked to trust God even when she had very little understanding of what was happening.

This leaves us a pattern to follow in our trust of God. When things don’t make sense, can you trust Him? Will you trust Him? There are three guides here for us to follow:

1. The word of God will never fail.
2. I am the Lord's servant.
3. May everything you have said come true.

This encounter and response is a part of the Christmas miracle. The birth of Christ is a big focus but there are many other parts to the Christmas story that shouldn't be missed.

God will ask big things of you occasionally. He may stretch you and what you feel comfortable with. Don't hesitate. Lean into it and Him. Who knows what He will do in you and through you.

Pastor Wes Humble, Executive Director of Ministry and Community Relations

