



# Liberty HealthShare News

September 2021



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There are many reasons to become a Liberty HealthShare member. Individuals choose our community because our members support one another, including our members who have a pre-existing condition at enrollment.

We believe in helping more people to reduce the high cost of medical care. We generously offer many individuals with pre-existing conditions the opportunity to be a part of our community and receive support from other healthsharing members.

What is a pre-existing condition at Liberty HealthShare? A pre-existing condition is any chronic or recurrent condition that has evidenced signs or symptoms or received treatment or medications within the past 36 months.

To protect our community resources and SharePower, we have sharing restrictions for new members with pre-existing conditions. Sharing limitations only apply to the pre-existing condition and not to other conditions a member may have during their membership.

## Did you know?

After the 37th month of continuous membership, a pre-existing condition may no longer be subject to the current pre-existing condition sharing limitations.

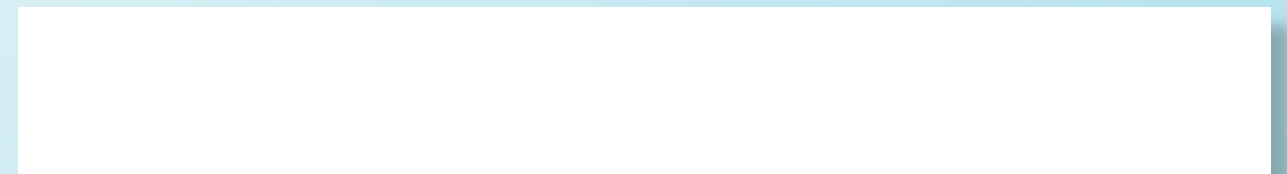
These sharing limits are in our current Sharing Guidelines:

- Within the first year, a pre-existing condition is not eligible for sharing.
- In the second and third years of membership, a pre-existing condition is eligible for sharing up to \$50,000 of the total medical expenses for that condition.
- After the 37th month of continuous membership, a pre-existing condition may no longer be subject to the current pre-existing condition sharing limitations. It may no longer be a pre-existing condition defined by our Sharing Guidelines.

Members who have a health condition at the time of enrollment are offered support and cost-saving tools that support their health.

HealthShareRx, Healthcare Bluebook, and Liberty TeleHealth serve our members with pre-existing conditions and allow them to receive low-cost medications, high-quality providers, and practical, virtual care. If you have questions about pre-existing conditions or our supportive programs or tools, we are here for you.

Give us a call at (855) 585-4237 or email us at [info@libertyhealthshare.org](mailto:info@libertyhealthshare.org) anytime.



In September, Liberty HealthShare employees made a donation of school supplies and personal items to Schumacher CLC K-5 Elementary School in Akron, Ohio.

With teachers spending an average of \$750 of their own money on school supplies each year, Liberty HealthShare employees set out to fill classroom closets with supplies. Hand sanitizers, granola bars, socks and classroom necessities were among the school items, while snacks and personal items were also donated to help the children in need.

“The principal and teachers were thrilled to receive the many boxes from Liberty HealthShare employees,” said Wes Humble, Executive Director of Ministry and Community Relations. “Their kindness and generosity incredibly blessed the students, and I’m proud to work alongside Liberty HealthShare employees.”

Learn more about our ministry at Liberty HealthShare [www.libertyhealthshare.org/ministry](http://www.libertyhealthshare.org/ministry)

September is Healthy Aging Month, and we want to celebrate the month by encouraging you to adopt healthy habits. Individuals who maintain a healthy lifestyle may decrease illness and sustain vibrancy as they age.

Incorporate these healthy foods and activities into your schedule to improve your physical, mental, and spiritual fulfillment.

**Healthy Aging Food**

- o Blueberries
- o Blackberries
- o Raspberries
- o Strawberries
- o Cranberries
- o Broccoli
- o Cabbage
- o Cauliflower
- o Brussels sprouts
- o Spinach
- o Sweet potatoes
- o Nuts
- o Avocado
- o Olive oil
- o Lean protein (turkey, chicken)
- o Fish (salmon, tuna)
- o Eggs
- o Beans
- o Whole grains
- o Low-fat dairy

**Healthy Aging Activities**

- o Reduce sitting
- o Increase your daily physical activity
- o Do low-impact, strength exercises
- o Practice healthy behaviors
- o Don’t smoke
- o Reduce sugar
- o Eat more fruits and vegetables
- o Maintain a healthy weight
- o Plan your preventative care
- o Decrease stress
- o Take technology breaks
- o Get outside
- o Get sufficient sleep
- o Stay hydrated
- o Eat a wholesome diet
- o Engage in new hobbies
- o Cultivate supportive friendships
- o Help others who are in need
- o Pray gratitude prayers



This month, we are pleased to introduce you to Ketrina, a Provider/Member Services team lead. Our call center teams provide education and guidance to our members and providers.

Since 2019, Ketrina has served our staff and members by answering their questions and educating them on our healthsharing programs. She describes Liberty HealthShare as resilient and considerate.

Ketrina said her favorite thing about working with our members is listening to their stories and speaking with members from different walks of life and experiences.

*“I aim to make sure by the end of the call you will be educated and fully aware of how your medical bills and Liberty HealthShare operates,” Ketrina said.*

We asked Ketrina about her favorite scripture, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

Ketrina said she wants others to know that she loves the Lord and that her life is found in Him.

*Serve only the Lord your God and fear him alone. Obey his commands, listen to his voice, and cling to him. Deuteronomy 13:4NLT*

It is an oft-repeated theme throughout Scripture. Although it’s expressed many different ways in both the Old and New Testaments, the message is simply this: put God first.

In this Scripture, Moses outlines for us a way to do this. Follow his logic as he spells it out. “Obey his commands, listen to his voice, and cling to him.”

**Obey his commands**

Sounds simple, but to keep them, you have to know them. Don’t ever forsake the reading of the Bible. Contained in God’s Word, you will find his laws for living. You will find out how to be a reflection of our heavenly Father in word, thought, and deed.

**Listen to his voice**

God speaks to us through the quiet impressions of the Holy Spirit, and to hear or feel his presence, you need to be walking with him. He may speak through a sermon, a song, a book, or even a friend. His impressions are always gentle and don’t come with a rushed or hurried spirit.

**Cling to him**

No matter what may happen in your life, make sure you never let go of God. Embrace and love him with all your heart, soul, mind, and strength. He wants your attention and affection, and you show it best by serving with diligence and with fervor.

Put God first in your life today. Arrange whatever you do to be able to do this. Make sure no person, material things, or anything else takes his place on the throne of your heart.

*Prayer*  
*Dear God, it is my desire every day to serve you with all my heart, soul, mind, and strength. I will obey you, listen to you, and when necessary, cling to you. Amen.*

**This devotion is an excerpt from the book, *He Restores My Soul*, written by Pastor Wes Humble, Executive Director of Ministry and Community Relations at Liberty HealthShare.**



Congratulations to our members who have completed their HealthTrac journey in August! These members have taken steps to improve their health and well-being for themselves, their families, and the entire Liberty HealthShare community.

Working one-on-one with a personal HealthTrac coach, each member has followed a program to help them in one or more areas, including diabetes, smoking cessation, weight loss, hypertension, heart disease, or high cholesterol. These members have done the hard work over the long term to meet their goals.

Here's some of what August's graduates had to say about the program and their coaches:

"My coach Emily was positive, encouraging, and awesome." Mark R.

"Thank you to my Health Coach, Robin, for the advice and keeping me on track. Cutting down on portions, eating the right things, and tracking my progress on my B/P Chart helped me lose 33 lbs. in the past 90 days." Arthur G.

Congratulations...

Ami Parker  
Arthur Gomez  
Finbarrs Ogoh  
Gail Wright  
Grant Beck  
Mark Ridinger  
Steven Schmidt



## Fall Scavenger Hunt

**CELEBRATE FALL BY FINDING THESE THINGS OUT IN NATURE!**





# IMPORTANT LIBERTY HEALTHSHARE MEMBER INFORMATION

## ShareBox

- Important Membership Tools
- Access membership guidelines
  - Submit medical expenses
  - View your AUA & sharing history
  - Check status of submitted expenses
  - View/change contact information
  - PrayerBox - request & provide prayer

## 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.

## Member Payments


All monthly shares should be sent via ShareBox. If you are unable to access your ShareBox, mail your monthly share to the following address:  
**Payee:** Gospel Light DBA Liberty HealthShare  
**Payment Address:** PO Box 771972, Detroit, Michigan 48277-1972

## Member Services

Need member services support? We encourage you to use ShareBox or email as the primary means to communicate. We will address your inquiry as soon as possible, but it may take a little longer due to COVID-19 safety measures aimed to protect our employees.

**AUGUST SHAREPOWER**

Together in Health



**SharePower Received:**  
**\$26,808,304**

**Medical Expenses Shared:**  
**\$26,399,360**

**Medical Expenses Received:**  
**\$30,874,700**

**Balance Bills\*:**  
**\$ 4,527,934**

\*This is the amount providers are balance billing after they have already received the fair and reasonable reimbursement from SharePower. Members are requesting additional sharing for this amount. Balance billing represents, on average, 22% of the medical expenses received each month.

# We Are Updating our Records!

In the coming months, you may be contacted by our enrollment department to update your authorized representative and/or End-of-Life financial assistance recipients. **Please add our phone number 1-855-585-4237 to your contacts so our calls to you are not blocked by spam filters.**

If you have any questions or concerns, please contact our enrollment department at 1-855-585-4237 x 1768.

## 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.

## Contact Information

**ADDRESS:**  
4845 Fulton Dr. NW, Canton,  
OH 44718

**NUMBER:**  
855-585-4237

**WEBSITE:**  
<https://libertyhealthshare.org/>

