



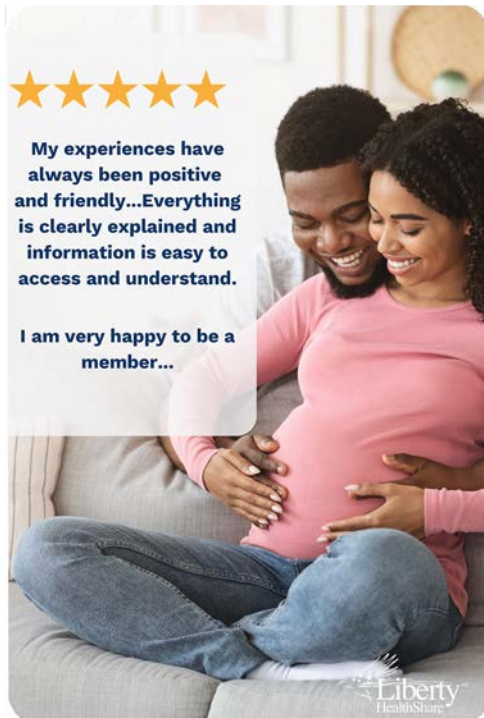
Welcome to our New Format!

With you in mind, we have updated the format of our monthly newsletter to spotlight the most helpful information regarding your healthsharing membership and community.

We are working to continuously better your membership experience and improve our communication to you. Keep up to date through our monthly newsletter, as it is our most important communication to help you learn more about Liberty HealthShare processes, your community and any information that impacts your membership.



Maternity and Your Membership



Adding a little one to your family can be a very exciting time, but trying to figure out how to best utilize your healthsharing membership can feel a bit overwhelming at times.

We have created a useful [Maternity Guide](#) for expectant families to help you navigate your unique pregnancy journey and maternity expenses, so that you receive the most value from your healthsharing membership. You can also access this maternity guide from within your ShareBox under the Resource tab.

We also welcome expectant parents to join our [Born to Share Facebook group](#) where you will receive encouragement

and support from other growing families who are expecting.

Talking to Your Provider

Not sure how to talk to your provider about healthsharing?
[Download this letter](#) to start the conversation!



Partnering with your provider is key to strengthening the relationship between your medical team and your sharing community which facilitates the medical bill submission process for you and other members.

To help you better communicate with your providers, we have created a tool for you to use which explains the importance of receiving self-pay discounts, who Liberty HealthShare is, how our members support one another and an overview of our processes.

This tool will help you and your provider properly navigate your healthsharing membership and plan your healthcare costs to ensure that you receive fair pricing that is necessary for our healthsharing community.

MEMBER TIP

Anne D.



[Learn](#) how Liberty HealthShare member Anne D. saved money using Healthcare Bluebook.

Employee Spotlight: [Meet Rachel](#)

Rachel enjoys assisting our members and supporting them through their healthsharing journey.



Member Services:
libertyhealthshare.org
855-585-4237

Prenotification:
855-585-4237

Eligibility:
855-585-4237

Pharmacy: HealthShareRx
Group ID: HSRX001

Membership ID 012345678	Sharing Level Type
Member Name Firstname Lastname	Effective Date MM/DD/YYYY



This self-pay participant is a Member of a Health Care Sharing Ministry recognized pursuant to 26 U.S.C. § 5000A(d)(2)(B) and is a 501(c)(3) not-for-profit organization that does not engage in the business of insurance. Liberty HealthShare facilitates the sharing of medical bills among its members. There is no guarantee of payment or promise to pay. Members voluntarily contribute to pay one another's medical costs based on a shared set of Christian beliefs.

LHS 11/2020

Member ID Card

Your Liberty HealthShare Membership ID card is a tool to identify you as an active member of a healthsharing community. [Read more](#) about how to access yours!

FEBRUARY SHAREPOWER

Together in Health



SharePower Received:

\$29,745,530

Medical Expenses Shared:

\$29,718,779

Medical Expenses Received:

\$42,265,437



Congrats to [our members](#) who successfully completed HealthTrac in January!

A Valentine's Message to Share With Others

Pastor Wes Humble



Before You Schedule a Surgery or Procedure

Has your provider told you that you need surgery? Here's what you can do to help make sure your surgery process at Liberty HealthShare is seamless for you and your sharing community.

Care For Your Health Every Month

It can be challenging to stick to a healthy diet in the cold month of February, so we put together these healthy diet tips to help keep you out of hibernation mode and on track towards your health goals.



Important Liberty HealthShare Member Information

SHAREBOX

Your Most Important Membership Tool

- 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.



4845 Fulton Dr. NW,
Canton, OH 44718

855-585-4237



[UNSUBSCRIBE](#)

Membership Resources for Expectant Parents

February 12th, 2021



Adding a little one to your family can be a very exciting time, but trying to figure out how to best utilize your healthsharing membership can feel a bit overwhelming at times.

We have created a useful Maternity Guide for expectant families to help you navigate your unique pregnancy journey and maternity expenses, so that you receive the most value from your healthsharing membership. You can access this Maternity Guide [here](#) or from within your ShareBox under the Resource tab.

We also welcome expectant parents to join our [Born to Share Facebook group](#) where you will receive encouragement and support from other growing families who are expecting.



Welcoming your
baby with
lots of love!

LibertyHealthShare



Use This Helpful Resource to Communicate With Your Provider

February 16th, 2021



Communicating with your providers about your healthsharing community and what it means to be a healthsharing member is one of the best ways to ensure you have a smooth healthsharing experience and help to conserve our SharePower.

Partnering with your provider is key to strengthening the relationship between your medical team and your sharing community which facilitates the medical bill submission process for you and other members.

It is your responsibility as a healthsharing member to request a self-pay discount. To aid you in communicating this request, we have created a tool for you to use which explains the importance of receiving self-pay discounts, who Liberty HealthShare is, how our members support one another, and an overview of our processes.

You can send this document to your provider before your appointment or take it with you when you are meeting with your provider. It is important to remember that you should always request your self-pay discount prior to receiving any services.

This tool will help you and your provider properly navigate your healthsharing membership and plan your healthcare costs to ensure that you ask for a self-pay discount and receive fair pricing that is necessary for our healthsharing community.

You can download the letter [here](#) or it will be located in your ShareBox under Resources.

Member Tip: Anne D.

February 12th, 2021

Our members have the unique opportunity to support one another by sharing their personal experiences and advice on how to best utilize their healthsharing membership and protect our shared collective resources.

This month we are featuring Liberty HealthShare member, Anne D., who often helps other members by sharing useful member tips and information.

Member Tip: Liberty HealthShare Member, Anne D.

I've always been very healthy, but last year I experienced a few injuries which required a doctor's care.

The HealthCare Bluebook tool located in ShareBox has helped me to better understand fair pricing for medical care. When I needed to schedule an MRI last year, I searched for my procedure using HealthCare Bluebook and it showed me that my local hospital is considered expensive for this procedure. I found that many of the reasonably priced, high quality locations were too far away, up to 400 miles, but there were two locations listed within a distance I was willing to drive that were reasonably priced. I selected one of those options and scheduled my MRI.

As a member of a healthsharing community, I take seriously that we need to spend wisely on our healthcare and HealthCare Bluebook showed me that a fair-price for my medical service was \$968. I was able to schedule my MRI for a price for that was much lower than that.

Doing our part to control costs is an important part of being a responsible healthsharing member.

Thank you Anne for sharing with your healthsharing community!

Employee Spotlight: Meet Rachel!

February 12th, 2021



We have so many wonderful people here at Liberty HealthShare who are committed to serving and helping our members share into each other's lives.

For the month of February, we are excited to introduce you to Rachel M., who has been a part of our Liberty family for over a year. We are so thankful to have her on staff. She said she appreciates “opportunities for growth and advancement” explaining that Liberty HealthShare is always finding new ways to help our members and their employees.

Rachel works in our Member and Provider Service department as well as the Check Inquiry department.

In her role, she enjoys supporting our members through their healthsharing journey. Her favorite part about working with our community is building rapport and helping to resolve issues for our members.

She assists our members in navigating their medical expenses and helps them understand Liberty HealthShare's unique processes so they can have a smooth sharing experience. "I really enjoy helping and being empathetic. I want to make sure our members feel heard," Rachel said.

We asked Rachel about her favorite scripture, which is 1 Corinthians 13:13: "But the greatest of these is love." She said, "This scripture is very important to me. Love covers all things, and I try to be mindful daily to walk and speak in love."

Rachel recently experienced the unfortunate hardship of her father's passing and her Liberty HealthShare family was able to help uplift her in this difficult time. She said, "I really love the people I work with. They have shown an incredible amount of friendship and love towards me. I look forward to coming to work each day because they bring me so much joy. I was in a really low place after my father passed and my peers supported, encouraged, and loved on me. I will forever be grateful."

We will always be grateful for Rachel and her dedication to our mission.

Here at Liberty HealthShare, our team cares deeply about our healthsharing community and each other. We support each other in times of need and work together to deliver a great member experience for our healthsharing community. Make sure to check back next month to get to know another member of our team!

Your Liberty HealthShare Member ID Card

February 12th, 2021



Your Liberty HealthShare Membership ID card is a tool to identify you as an active member of a healthsharing community.

Before receiving care, we ask that our members present their membership ID card to their provider and explain that they are a part of a healthsharing community, where the members share into the medical needs of one another. Ask your provider if they are willing to work with Liberty HealthShare directly. If they do not want to work directly with your healthsharing ministry, then identify yourself as a self-pay patient and ask for a self-pay discount prior to receiving services.

Annually, around the time of your membership renewal date, you will receive a Liberty HealthShare Member ID card for the current year. If you need a new copy of your membership ID card in the meantime, you have 24/7 access to a digital copy in your [ShareBox](#).

Access your digital copy by logging into ShareBox and selecting the Membership tab on the left side of your Dashboard. From there, click Program and you will have the ability to view, download, and print your card for future use.

Congrats to Those Who Completed HealthTrac in January

February 12th, 2021



Congratulations to our members who have completed their HealthTrac journey in the month of January! 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 January's graduates had to say about the program and their coaches:

- "Thank you Cindy for always being there for me." Bridgenne M.
- "My health coaches we like friends to me. In addition to the accountability element, I was also provided with great resources! Although I have graduated from the program, I am well equipped to stay on track. Thank you!" Connie V.
- "Thanks for the help in achieving my goal and getting me moving in the right direction." Kelley B.
- "My coach was great and gave me a lot of good ideas!" Kathie M.

- "Amy was wonderful! She was supportive and provided great resources to help me achieve my goals!" Laura K.
- "We included exercise along with dietary changes into my program. As an unexpected result, I was able to hold a conversation as I hiked a trail in the Alps with a young man 30 years my junior! Thank you!" Thomas M.

Alicia McDougall
Brian Waters
Bridgenne Mallozzi
Carolyn Chester
Connie Vahlkamp
Dianne Wigelsworth
George Sovick
Jason Craig
Jeffrey Newberry
Jim Rockenhauser
Joann McClain
Kelley Barr
Kelley D Barr
Kelly Battaglia
Kathie Moore
Laura Kile
Marcia Tenreiro
Mayer Silber
Thomas Martin
Trish Smith
Vivian Hall

HealthTrac offers provisional membership and coaching to those who are motivated to make healthy lifestyle changes and want be a part of a caring healthsharing community. One of the benefits of HealthTrac is working with a coach who offers personalized health plans, educational resources, encouragement and support, and collaborative goal-setting.

All of the members below have met their goals and have officially completed HealthTrac. But support does not end at the finish line! We understand that maintaining a positive lifestyle is key to creating and stewarding one of our most valuable resources, our health, so our healthcare team checks in with members to provide ongoing support and resources.

A Valentine's Message to Share With Others

February 12th, 2021



All of us want to be loved. It is at the core of who we are as human beings. We crave knowing that someone loves us and cares enough about us to show it. For some, the month of February is a time to celebrate love. They celebrate new love, old love and the symbol most generally used is a heart.

Not everyone experiences this much celebrated love and affection. In fact, there are a lot of people that for one reason or the other, do not have this kind of "valentine love" in their lives on a daily basis.

Or do they?

All men and women around this globe have an opportunity to experience the best love of all. Jesus said, “For God so loved . . . the world that He gave His only Son.” The love of God is to be the most desired of all. It is a love that never fails. It is a love that loves the unlovable. It forgives the broken and searches for the lost. It is a love all of us should celebrate and accept.

Jesus loves you! It is the best theology and valentine love, ever. It is profound. It is true. It is for you.

And now these three remain: faith, hope and love. But the greatest of these is love. 1
Corinthians 13:13 NIV

Pastor Wes Humble, Executive Director of Ministry and Community Relations



Before You Schedule a Surgery or Procedure

February 12th, 2021



Being a healthsharing member has unique experiences and responsibilities, including our sharing member's commitment to protect our shared resources. If the time comes that you need medical treatment, such as surgery, it is essential that you know what steps you should first take to be active in your healthcare and navigating your healthcare costs.

Has your provider told you that you need surgery? Here's what you can do to help make sure your surgery process at Liberty HealthShare is seamless for you and your sharing community.

What to do before scheduling your surgery,

Notify our prenotification department that it has been determined that you need surgery. Our prenotification team is here to help guide you. For your surgery

expenses to be considered for community sharing, inpatient hospital stays and all outpatient surgeries should be prenotified.

Submit a prenotification request online by downloading our Electronic Prenotification form and following the included instructions. If an urgent request is necessary, you can contact the prenotification department at 855-585-4237, option 4 and one of our nurse specialists will assist you with your need.

Before scheduling surgery, use our cost-savings program, Healthcare Bluebook.
(<https://libertyhealthshare.org/blog/healthcare-bluebook-helps-you-save-money>)

This tool helps healthsharing members compare the costs of their local providers, facilities and medical services. By using this tool before choosing where to schedule your surgery, you have the opportunity to save substantially through comparison shopping. The savings for our community from using this tool can be in the thousands for a single procedure!

Before receiving care, show your Liberty HealthShare ID card. You can explain that you do not have health insurance; instead, you are a self-pay patient and part of a healthsharing community where the members share into the medical costs of one another. Communicating with your provider and facilities is also very important to improving cost-transparency, which at times can be limited and confusing.

Ask your provider if they are willing to work with Liberty HealthShare directly. Many providers are willing to partner with us and send us their patient's expenses directly. If your provider is willing to work with us, then we will communicate our pricing to your provider.

If your provider would rather you submit your own medical expenses, then identify yourself as a self-pay patient and ask for a self-pay discount prior to receiving any services. As a healthsharing member, you are considered a self-pay patient in the healthcare industry and you should always ask for self-pay discounts.

Commit to being a financially responsible steward of the shared amounts. Our members have limited resources and it is our goal to help make sure that our resources are available to help the most people. You can contribute to this by being proactive and involved in planning your surgery.

If you have any questions on the above process or where to get started, give us a call at 855-585-4237 and one of our team members will be happy to support you.

Care For Your Health Every Month

February 12th, 2021



It can be challenging to stick to a healthy diet in the cold month of February, so we put together these healthy diet tips to help keep you out of hibernation mode and on track towards your health goals.

Eat breakfast

Breakfast is the most important meal of the day. After a night of fasting, awakening your metabolism with a healthy breakfast can give your brain and body the energy it needs to help you succeed throughout the day.

A handful of almonds, a piece of fruit, or a piece of string cheese are all nourishing breakfast foods that you can eat on the go.

Choose sugar-free beverages

Juices and soda have a high number of calories and a high amount of sugar, and if you're counting calories, these extra calories can add up quickly.

You can find alternative drink options, such as flavored water, seltzer waters, coconut waters and more to avoid extra sugar in your diet. While it's possible to have a healthy diet and still have a sugary drink occasionally, it's better to cut the sugar and stick with healthier drink options.

Eat more vegetables

Maintaining your health throughout winter can be a tasty challenge. Try adding a variety of colors that are appealing to your eye, healthy for your heart, protect you against some diseases and reduce your overall calorie intake.

Incorporating a cup of vegetables in your snacks and meals will add a variety of nutrients to your diet, such as vitamin A, vitamin C, fiber, folate and potassium. Add them to dishes, sauces, smoothies or eat them raw.

Plan your meals ahead of time

Many people find it difficult to maintain a healthy diet, often because they don't plan. You can plan to eat nutritious meals by making healthy meals ahead of time. This way, you won't find yourself eating unhealthy foods when you are rushed, hungry or tired.

Meal planning is easier than it sounds. You only need to choose one day of the week to batch cook healthy meals. If you don't know where to begin, here are [70 healthy freezer meals](#) and recipes to help you start.

It's possible to care for your health every month and your healthsharing community is here to support you in your health journey.

(source: <https://www.myplate.gov/eat-healthy/vegetables>)
