



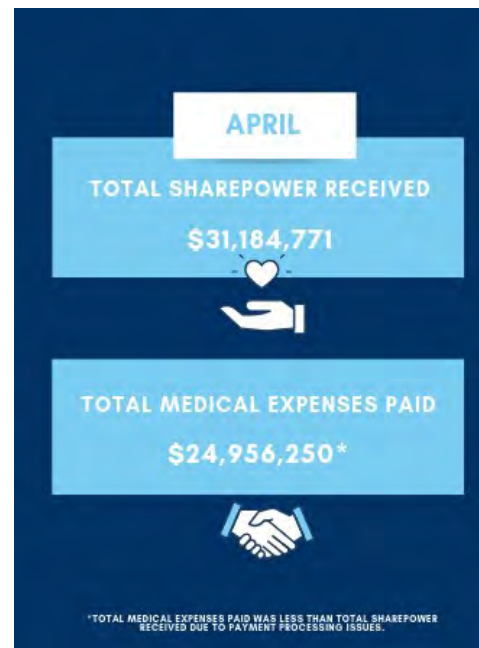
### **All In: Together We Are Creating a Stronger Community**



I speak to our leadership about the importance of being 'all-in' on a consistent basis. It includes things such as owning our daily activities, actions, and attitudes.

[Read More](#)

### **April Sharing Stats**



## Enjoying Summer - Safely!



Summer is almost here, and it's about time. Before you run out the door for a day of fun in the sun, here are a few tips for a safe and regret-free experience.

[Read More](#)

## Finding Providers Who Offer Fair Pricing Just Got Easier!



Coming soon: access to the Healthcare Bluebook, which can help you save hundreds of dollars on medical services and bills. This online tool will also help you find providers who are committed to offering fair prices for medical care.

Look for the HealthCare Bluebook coming soon!

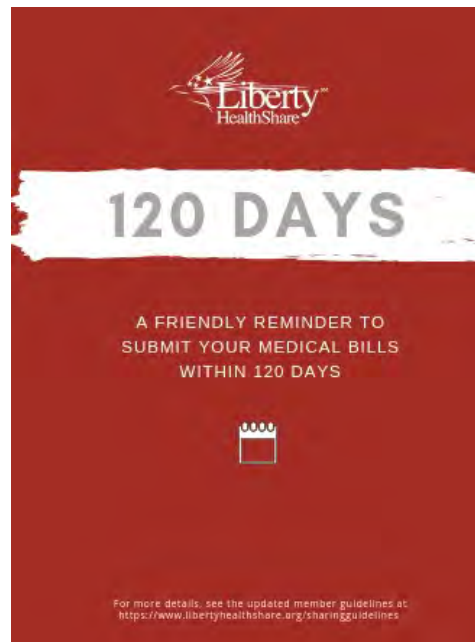
## The Benefits of Healthcare Sharing



Healthcare sharing ministry members are keeping more of their hard-earned money and helping return sanity to the American healthcare system at large.

[Read More](#)

## A Friendly Reminder



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## Freshen Up Your Summer Diet



Burgers, brats, and hot dogs have their place, but you're selling yourself short on the summertime experience if you don't make room for some fresh, local produce.

**Read More**

## Let us Pray for You



Don't forget that our Pastoral Care Team is standing by to pray for your prayer requests. Email them using the link provided. We want to pray for you and your requests.

*Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16 NLT*

**Email Us**

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*"When your freedom to choose a provider is restored, you can find and build relationships with doctors who appreciate the healthcare sharing mentality and work with them to take a holistic approach to your long-term health."*

– The Benefits of Healthcare Sharing

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## April HealthTrac Graduates



Graduating from HealthTrac means a member has reached the goals they have set with their health coach by making lifestyle changes that positively impact overall health. Click below to view HealthTrac graduates for April.

[Read More](#)

## Wait Patiently

*“My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts. – Isaiah 55:8-9 NLT*

Do you ever wonder what God is thinking? Maybe you wonder what He is thinking about our world or even about your life. We should remind ourselves that His thoughts are different from our own.

Isaiah 55 is filled with invitations. Invitations to come and quench your spiritual thirst, come and listen with ears wide open, seek the Lord while you can find Him, and call on Him while He is near. These invitations come from God through the prophet Isaiah. He is calling us to come close to Him and spend our time and efforts on seeking to know Him.

The call and invitation is to trust in God and understand that the closer you stay to Him the better your life will be. This is not promising health and wealth as we often understand or desire it, but instead, the promise of His presence. It is in Him that we find our breath, faith, stamina, and the strength to persevere. It is in Him that we find a rock of deliverance to stand on when the storms of life are blowing.

Stay close to His word. Trust His thoughts about you to be in your best interest.

*How precious are our thoughts about me, O God. They cannot be numbered! – Psalm 139:17 NLT*

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**Member Reminder:** On the anniversary of your enrollment date, you will be charged a \$75.00 renewal fee in addition to your suggested monthly share amount.

You received this email because you are a Liberty HealthShare member. You can [unsubscribe](#) at any time.

Liberty HealthShare  
4845 Fulton Dr. NW, Canton, OH 44708  
855-585-4237

# All In: Together We Are Creating a Stronger Community

June 12th, 2019

Liberty Community;

I speak to our leadership about the importance of being ‘all-in’ on a consistent basis. It includes things such as owning our daily activities, actions, and attitudes. As a leadership team, it is about owning the process of improving our sharing community experience. We work hard every day to make the right choices and do the right daily activities to assure continuous improvement.

All of those choices and decisions are centered on improving our community and making Liberty better. With that in mind, I made a recent decision to appoint a Chief Member Officer, whose focus is on giving you, our members, a great experience. The initial focus is to help lead the coordination of all of our IT resources, focusing on the continuous improvement of our systems, ShareBox and leading a dedicated member resolution team.

Some other initiatives focused on making your Liberty HealthShare better include:

- I have implemented daily check-ins across the organization to ensure we are on track with all departmental goals
- A new technical and financial audit of all systems and payments prior to sending to reduce the possibilities for error, striving to protect and even more accurately facilitate member share power.
- Additional call center advocates have been added reducing queue times significantly. The average daily results are under 3 minutes in queue. On a higher call volume day, such as a Monday or Tuesday, it is still averaging between 4 and 5 minutes.

We will continue to focus on the smooth facilitation of member medical needs. I encourage you to remember that it is NOT Liberty who is paying your medical bills. The members of your sharing community contribute to your medical needs. That might be your neighbor, a teacher

in your area, or a business person in another state. When you are deciding on a provider, a facility, or a procedure, it is important to find quality care at a fair price for the good of your sharing community.

Thank you for your loyalty and commitment!

Pursuing Excellence,  
Larry Foster

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# Enjoying Summer - Safely!

June 11th, 2019

Summer is almost here, and it's about time. In certain parts of the country, it seemed like the cold and snow would never end! Longer days, warmth, and sunshine are a welcome sight. But before you run out the door for a day of fun in the sun, here are a few tips for a safe and regret-free experience:

1. Stay hydrated. Most of us keep the fluids flowing on a hot, sunny day, but sometimes we forget how important it is that we make water the star of the show. When we're active in hot weather, we lose moisture a lot more quickly than at other times of the year. In addition, beverages containing caffeine can further deplete our bodies of moisture, putting us at risk of dehydration, heat exhaustion, or worse.

Make it a habit to bring water bottles along whenever you head outside and remind kids to drink even if they don't feel thirsty. You can also work foods with high water content, like watermelon, tomatoes, and lettuce, into your diet.

2. Practice sun safety. Sunburn is annoying, but the reality is, it can lead to more serious conditions like skin damage and skin cancer. Invest in a hat that covers your face and neck and find a broad-spectrum sunscreen that you feel good about using on yourself and your family. Don't forget to take it with you when you head out!

Take breaks and re-apply sunscreen at least every two hours when swimming or sweating. If you'd rather not use sunscreen, look into lightweight UPF clothing and swimsuits that can also protect you from a painful sunburn.

3. Stop bugs before they bite. Mosquito bites rank right next to sunburn on the list of "summer day nuisances." It used to be that mosquito bites were merely an irritation, but now they carry viruses like West Nile, which can lead to serious diseases. Find a bug repellent you feel comfortable using on yourself and your family, and make sure it's in your bag when you leave to go outside.



At home, try to drain any standing water in your yard (persistent puddles, bird baths, etc.) since that's where mosquitos lay their eggs.

4. Stay active but be smart. Most people spend more time in physical activity when the weather is nice, which is never a bad thing. But it's easy to lose track of time, stay outside longer than you should, and over-exert yourself if you're not careful. Take breaks, especially when the sun is high in the sky. Find shady areas to cool off and rest.

If you're out of town, plan your sightseeing and other outdoor activities so you can easily stop back by your accommodations for a break. Don't forget to drink plenty of water, eat immune-boosting foods, and leave time for rest while traveling. Air travel especially can dehydrate and expose you to germs you might not otherwise encounter.



5. Respect the water. Now is the time for days at the splash pad, the pool, the beach, or floating down a river. It's also a good time to invest in swim lessons for your kids if they haven't already learned. Make sure younger kids have (and wear) proper swim gear and make sure they are always supervised when in the water.

If you have a pool on your property, make sure the area is fenced and ensure that small children cannot fall in. Teach your kids to have a healthy respect for water and talk them through what to do if they find themselves in trouble. Many local community centers offer water safety classes that can save lives!

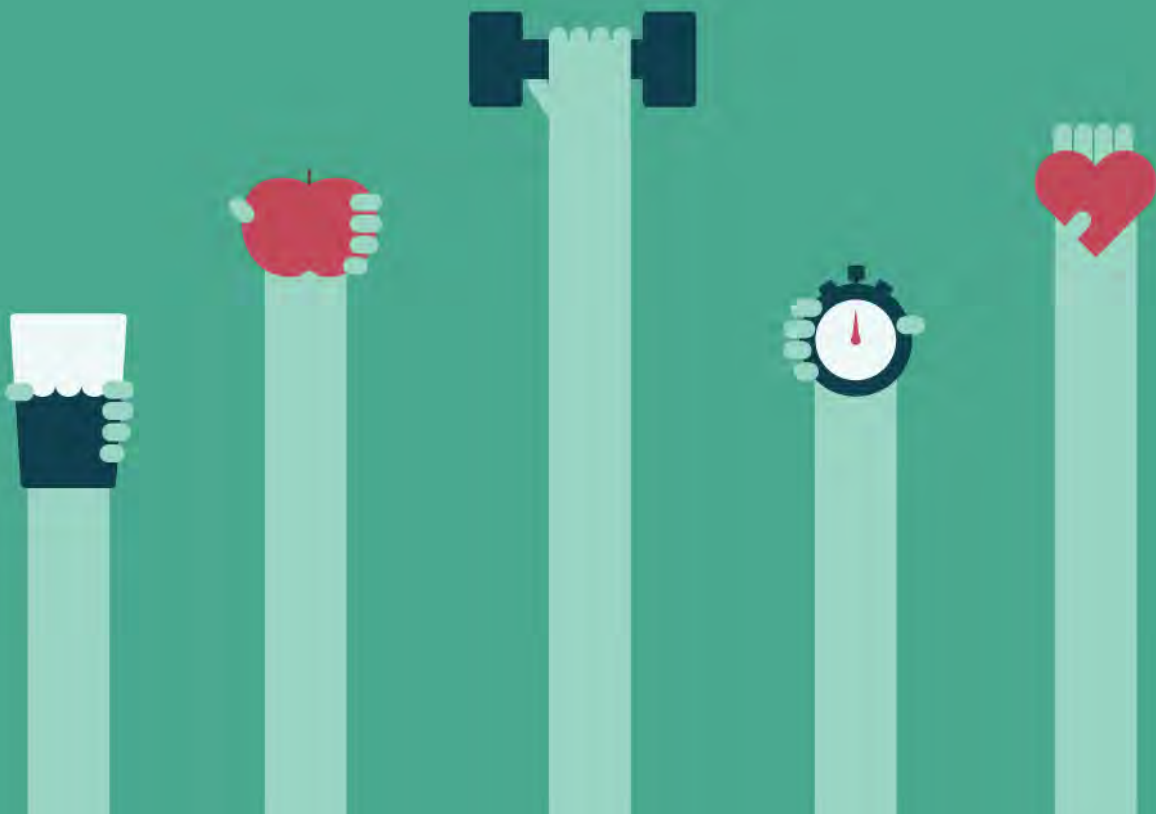
There are plenty of other ways to maximize your health during the summer months, like adding more fresh, locally-grown foods to your plate. Explore your local farmer's markets, grow your own vegetables, and try some new recipes. You might discover a new love for fresh things by going out of your comfort zone!

Summer is almost here, but it will be over before most of us are ready to move on. So plan ahead and take what you need with you, and then sit back and relax. Watch your kids splash in the pool. Catch fireflies. Sing around the campfire. Enjoy these couple of months when things slow down just a little. We wish you a refreshing, fun, safe summer.

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# The Benefits of Healthcare Sharing

June 11th, 2019



It's no secret that the conversation around healthcare in our nation has become an increasingly contentious one in the last several years. Entire political campaigns have been built around promises to change, reverse, or replace existing laws for the theoretical betterment of our lives. But the policies being proposed are often one-size-fits-most and rarely meet the specific needs we and our families have. Thankfully, there are still other options when it comes to paying for healthcare.

In fact, long before our nation's healthcare system took on its current form, people of Christian faith were carrying out the biblical mandate (and the historically Christian practice) of bearing one another's burdens. When an unexpected and cost-prohibitive medical expense came up, they would join together to pay it. Even today, church communities continue to function in this way, surrounding and helping one another when life throws a curveball. This kind of care can be such a source of relief in hard times, but many Americans are looking for the support and potency that comes from engagement in an even larger community.

That's where healthcare sharing comes in. Membership in a healthcare sharing ministry not only allows you and your family to retain control over your healthcare, but it also offers peace of mind as you invest your money into a community where you can trust it will be used for other members - and where they will also help you with your costs.

So what are some of the benefits of membership with a healthcare sharing ministry like Liberty HealthShare?

- Greater accountability - you know exactly where your dollars are going because they are shared with other members, not shareholders
- A community you can feel good about - you get to participate with a group of people who prize good stewardship of their health and the money you share to bear the burden of unexpected and unaffordable health needs
- Practical help - if you need or want it, you can get accountability to reach your health goals through HealthTrac, as well as assistance with finding low-cost healthcare through our pre-notification process
- Freedom to choose - rather than restricting you to a set of pre-approved providers, you are free to choose your doctor and visit medical facilities where great care is delivered at a reasonable cost
- Deeper connections - when your freedom to choose a provider is restored, you can find and build relationships with doctors who appreciate the healthcare sharing mentality and work with them to take a holistic approach to your long-term health
- Spiritual support - you can submit prayer requests to our leadership team and

encourage fellow members through the ShareBox platform

These are just a few of the reasons why so many Americans have taken control of their healthcare experience and left the third-party payer system behind. By choosing a faith-based, community solution to the problem of skyrocketing healthcare costs and becoming active participants in their care, they are not only keeping more of their hard-earned money, but they are also helping return sanity to the American healthcare system at large.

If you're a current Liberty HealthShare member, we hope this information affirms your decision to join us. Feel free to forward it along to friends or family who might be interested in learning more!

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# Freshen Up Your Summer Diet

June 11th, 2019



Summer is almost here, which means long days, mild evenings, swim parties, fireworks, beach trips, and delicious, fresh food. Burgers, brats, and hot dogs have their place, but you're selling yourself short on the summertime experience if you don't make room for some fresh, local produce.

Thanks to the unlimited wealth of internet food blogs, you can easily find a recipe for just about any combination of ingredients (within reason) just by typing them into your browser's search bar. So don't be afraid to try something you've never heard of. Broaden your horizons and find

out what it's like to see summer's fruits and veggies in a new light. You might be surprised by what you find. Here are two great, healthy summer salad recipes you might enjoy:

Cucumber quinoa salad from Gimme Some Oven

Fresh Corn Tomato Salad from Food Network

Your plate doesn't have to be the only place where fresh produce gets to shine, though. Instead of reaching for a sugary smoothie or sweetened iced tea this summer, why not make up your own refreshing, healthier beverage that really lets fresh fruit take center stage? Here are two great ideas:

Mojito Mocktail from Sustainable Cooks

Sparkling Strawberry Lemonade from Ahead of Thyme

Feel free to put your own spin on these recipes. If you don't have one of the ingredients, think outside the box and substitute it with something similar. You might end up creating a new favorite!

Summer is a great time to make memories with loved ones, and one of the best places to do that is around a shared table. Take this opportunity to get creative and integrate some new, fresh, and healthy ingredients into your diet!

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# April 2019 HealthTrac Graduates

June 12th, 2019

Graduating from HealthTrac means a member has reached the goals they have set with their health coach by making lifestyle changes that positively impact overall health. Congratulations on your achievement!

Ainsworth	Roger
Atwood	Deon
Brannan	Kevin
Buras	Savannah
Cornfield	Richard
Crabtree	David
Crossnoe	Walter
Daniels	Terry
Daniels	Laurie
Davis	Mark
Deininger	Dianne
Dellos	Deb
Draper	Mary
Elliott	James
Fagnano	Marlene
Fox	Cheryl

Gillespie	Mark
Grobler	Paula
Haddad	Anthony
Hall	Sandra
Hanley	Mark
Harbour	Marshall
Havaich	Debby
Hellams	Debra
Henneforth	Becky
Howard	John
Johnson	Karen
Johnston	Jeff
Kaldy	Bernice
Laudadio	Eileen
Lo	Chris
Lowe	Bill
Marcheselli	Kathy
Michael	J
Moen	Athena
Moody	Robert
Moon	David
Mumm	Dan
Nanke	Erich
Nel	Hendrik
O'Brien	Shawn
Olson	Wayne

Parks	Rhonda
Peña	Jill
Pendleton	David
Perry	Charalyn
Pfeil	Diana
Ram	Sundeeep
Rohrer	Geoffrey
Rosenberg	Mark
Schaffner	Paula
Shirey	Claudia
Sirianni	Lucy
Snyder	Kathy
Torres	Tilma
VanCampenhout	Jayme
Vasquez	Arturo
Weeks	Eric
Young	Rose