



Dear Liberty Members:

As Fall winds down, we brace ourselves for another change of season. However we view the coming changes it is important to stay focused on our blessings. Wherever you are in the season of your life, take a deep breath and be thankful for all that God is doing and will do in your life if you let Him. We at Liberty HealthShare are also feeling the effects of change and I want to take this opportunity to express my gratitude.

I would like to start by thanking you for your continual support and belief in our sharing community. Our executive team has been incredibly supportive as I have transitioned into the role of Acting CEO, and I am confident in leading this meaningful community. Through the power of strong leadership, good stewardship and continuous innovation, I want to ensure you that Liberty HealthShare will continually improve sharing times and overall member experience. Within the past month, we have upgraded our phone system to improve the customer experience for all our members and providers, with a new call back feature to reduce hold times when our queues are high due to volume.

In addition, I am pleased to announce that we have recently appointed Robert Kintigh as Vice President of Information Technology, whose experience in leading teams will help to create the best health sharing experience for our community. Every month we continue to support our community's needs and we are committed to facilitating an enhanced sharing process.

Again, thank you for choosing to be a member of Liberty HealthShare.

Drudy Abel, Acting CEO Liberty HealthShare



LIVING WITH DIABETES

For diabetes awareness month, we're taking a look at some of the symptoms, risks, support, and more...

[READ NOW](#)



BE PRESENT THIS HOLIDAY SEASON

During the holidays, make time to engage in meaningful activities with your loved ones and make your presence...

[READ NOW](#)



HEALTHTRAC GRADUATES

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

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MSE FORM

A separate Member Submitted Expense (MSE) form must be completed for each medical expense submitted.

Receipts, statements or cancelled checks cannot be submitted in place of the MSE form.



A DIABETES-FRIENDLY THANKSGIVING

If you or your loved ones are affected by diabetes, we've compiled a list of yummy diabetic-friendly Thanksgiving recipes...

[READ NOW](#)



VISIT OUR NEW WEBSITE

We have a new website! Take a look at the new features that will help make the most of your membership...

[READ MORE](#)



A GOD WHO MEETS US

God isn't boxed in by our expectations of ourselves. I'm thankful He meets us in unpredictable, personal ways...

[READ MORE](#)



HealthShareRx



Colossians 3:17

To Make Membership Changes In Your ShareBox:

If you need to change your membership program, exclude a member on your account or update your contact information, it's simple to do in your ShareBox!

Follow these simple steps:

Log into your [ShareBox](#). On the left-hand side click on "MEMBERSHIP," answer the application questions and click "submit and continue" on each page. At the end of your membership change, use the "DocuSign" feature to electronically send us your changes.

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 44708
855-585-4237



Diabetes: Types, Symptoms, Risks and Support

November 14th, 2019



For diabetes awareness month, we're taking a look at some of the symptoms, risks, support and more for different types of diabetes. We'll explore some of the support offered by Liberty HealthShare's HealthShareRx and HealthTrac programs. First, let's take a look at some of the different types of diabetes.

TYPE 1 DIABETES

Type 1 diabetes (T1D) can occur at any age, in people of every race and of every shape and size. 1.25 million Americans live with this disease and 40,000 people will be diagnosed with type 1 diabetes this year.

T1D is an autoimmune disease that occurs when a person's pancreas does not produce insulin. The body breaks down carbohydrates into blood sugar that it uses for energy, and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, it is possible to learn to manage the condition and live a long, healthy life.

T1D requires constant, careful management. Balancing insulin intake with living a healthy lifestyle including exercise and proper diet, those with T1D can live a normal life and accomplish everything that anyone else could.

TYPE 2 DIABETES

Type 2 diabetes (T2D) is the most common form of diabetes and most often develops in people over age 45, but more and more children, teens, and young adults are also developing it. With T2D, the body doesn't use insulin properly. While some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it.

A key part of managing T2D is maintaining a healthy diet. That includes seeking out helpful tips and diet plans that best suit each individual's lifestyle and finding ways to make the body's nutritional intake work the hardest.

Fitness is another key to managing T2D. And the good news is all a person has to do is get moving. The key is to find enjoyable activities and do them as often as possible. No matter how fit someone is, a little activity every day can help fight T2D.

GESTATIONAL DIABETES

Gestational diabetes can be a scary diagnosis, but like other forms of diabetes, it's one that is manageable. It is a type of diabetes that is first seen in a pregnant woman who did not have diabetes before she was pregnant. By working with doctors, it is possible to have a healthy pregnancy and a healthy baby.

The cause of gestational diabetes is unknown, but it happens to millions of women. What is known is that sometimes hormones block a mother's insulin and causes insulin resistance, which makes it hard for a mother's body to use insulin. This means she may need up to three times as much insulin to compensate.

The key to treatment is acting quickly, because left untreated, gestational diabetes can hurt both mother and baby. Doctors can help keep blood sugar levels normal through special meal plans and regular physical activity. Treatment may also include daily blood sugar testing and insulin injections.

PREDIABETES

When it comes to prediabetes, there are no clear symptoms. A person may have it and not know it. That's important because before people develop type 2 diabetes, they almost always have prediabetes—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Approximately 84 million American adults—more than 1 out of 3—have prediabetes. Of those with prediabetes, 90% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

It is important to check with a doctor and get tested. A person who has prediabetes doesn't always develop type 2, and a treatment plan combined with diet and exercise are keys to prevention. Even small changes can have a huge impact on managing this disease or preventing it altogether.

RISK

It is possible to prevent or delay type 2 diabetes. It just takes a decision. Decide to stay at a healthy weight. Decide to eat well. Decide to be active. If a person is at risk, paying attention to living a healthy lifestyle or getting early treatment can actually return blood sugar levels to a normal range.

There are many factors that can be controlled. Prediabetes is a condition that can lead to type 2 diabetes and even heart disease. The chances of having prediabetes increase if an individual:

- Is age 45 or older
- Is Black, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Has a parent, brother, or sister with diabetes
- Is overweight
- Is physically inactive
- Has high blood pressure or take medicine for high blood pressure
- Has low HDL cholesterol and/or high triglycerides
- Had diabetes during pregnancy
- Has been diagnosed with Polycystic Ovary Syndrome

Being overweight it impacts more than the risk of developing type 2 diabetes. It leads to unhealthy cholesterol, high blood pressure, heart disease, high blood sugar, and even stroke. But losing just 10-15 pounds can make a big difference.

Smoking is another risk factor. It reduces the amount of oxygen that reaches your organs and causes a range of issues, from high blood pressure and unhealthy cholesterol to heart attack and stroke.

SYMPTOMS

The symptoms of diabetes listed below are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed. Common symptoms of diabetes include:

- Urinating often

- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss, even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

TESTING

The A1C test is the most common to determine diabetes diagnosis. This relatively simple blood test can give you a picture of your average blood sugar level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. However, A1C target levels can vary by each person's age and other factors. The goal for most adults with diabetes is an A1C that is less than seven percent. A person with an A1C level is between 5.7 percent and less than 6.5 percent is in the prediabetes range. A person with an A1C level of 6.5 percent or higher is in the diabetes range.

Information about other tests used to diagnose diabetes can be found at www.diabetes.org/a1c/diagnosis

SUPPORT

Liberty HealShare's HealthShareRx program has a [diabetes program](#) that offers substantial savings on diabetic supplies and medications. The Save On Diabetes program offers members a free meter, low-cost testing strips, lancets, and more – including 15 oral medications available for free with a valid prescription.

Liberty HealthShare also offers assistance to members through our HealthTrac program. Members with conditions including diabetes, hypertension, high cholesterol, and more have access to a personal health coach who provides one-on-one support to help guide them to better lifestyle habits that can aid in overcoming those conditions.

Although there are many similarities between type 1 and type 2 diabetes, the cause of each is very different, and the treatment is usually quite different as well. Some people, especially adults who are newly diagnosed with type 1 diabetes, may have symptoms similar to type 2 diabetes, and this overlap between types can be confusing. The American Diabetes Association and its website, www.diabetes.org, are great sources of information and support for anyone who has questions or concerns about diabetes.

Source: www.diabetes.org

October Liberty HealthShare HealthTrac Graduates

November 12th, 2019

Adams Kathleen
Allen Bette
Alms Charlotte
Beach Patti
Blodgett Lisa
Blomgren Carole
Bohlman Cathy
Bunderson Jeff
Chalmers Doug
Cravey Guy
Dawson Cheryl
Denhalter Bart
Edwards Sandy
Fell Brian
Fisher Christopher
Giroux Thomas
Glush Carol
Graves Cynthia
Hamilton Patricia

Hardy Robert
Hein Eric
Kain Timothy
Kalani Morgan
Kellner Mariela
Kent Monica
Laiche Lisa
Lewis Marvin
McDonough Jeffrey
McLennan Joyce
Mellicker Sue
Miura Sallie
Morris Floyd
Morse Lane
Paladino Madeline
Patrick Alisa
Phillips Dave
Ring Penny
Rizzo James
Rodriguez Sandi
Rodriguez Sandi
Shepard Janet
Sherwood Dee
Stowasser Susan
Sutton Chris
Toerregano Lakesha

Webster Donna
Wellen Chris
Whitaker Michele
Wilkes Marcus
Wilson Todd
Wright Jerry

Be Present This Holiday Season

November 13th, 2019



As we approach the arrival of the holidays, everyone has started marking their calendars with plans and festivities. Most of us have strict itineraries including people we need to visit, shopping lists to complete and events to attend.

By the end of it all, we look back only to realize that we've spent our time consumed with everything holiday-related and we've lost our spirit altogether. The spirit of giving, joy and wonder are lost in the whirlwind of planning and preparing.

Thanksgiving and Christmas are about spending quality time with your loved ones and appreciating all there is to be grateful for. During the holidays this year, we encourage you to avoid getting carried away with your to-do list and make time to engage in meaningful activities with your loved ones. This year, make your presence a present!

Here are some tips to get more enjoyment out of what the season has to offer:

1. **Trim down your responsibilities** - It is important to prioritize what you will enjoy doing this holiday. If it feels like a chore, rather than holiday fun, this may be a good time to exercise the word "no." You won't be able to do everything or make it to every event, so don't feel guilty for declining the occasional invite or opting for a night in with your family.
 2. **Be present** - The best gifts you can give are those that come from the heart. This includes you *gifting* your full attention, whether it's baking cookies with your kids or catching up with a friend over a cup of coffee, turn on your active listening skills and enjoy making memories.
 3. **Be merry and bright** - Block time off each day to be intentional and express gratitude. Whether it be through taking a short walk, journaling, or spending some time in silence, look around and take an inventory of what you have to be grateful for. A grateful heart leads to an uplifted, positive attitude, which is exactly what you'll need to survive the holiday commotion.
 4. **Unplug** - Social media is a great way to stay connected with family and friends, especially during the holidays! Too much screen time, though, can result in us comparing ourselves and lives to others or feel pressure to post a picture perfect holiday scene. Steer clear of the unnecessary pressure and avoid over-using your social accounts. Keep the browsing, liking, and posting to a minimum and cherish your surroundings.
 5. **Relax and enjoy** - Thanksgiving and Christmas are full of delightful treats - use the holiday season as a time to indulge in festive treats. Eat mindfully, choose your favorite dishes and taste the goodness!
-

Diabetes-Friendly Thanksgiving Recipes

November 11th, 2019



As we anticipate the upcoming holidays and meaningful traditions, there is much planning to do to make sure everything comes together. We spend so much time preparing a delicious menu for Thanksgiving, as we all know that dinner is often the centerpiece of the day.

Everyone deserves to celebrate with rest, thankfulness, and of course, food; but for those living with diabetes, Thanksgiving can be more trying than enjoyable. If diabetic-friendly dishes aren't served, the high sugar and carbohydrate content in traditional foods can make managing blood sugar difficult.

If you or your loved ones are affected by diabetes, we suggest trying one of the yummy diabetic-friendly Thanksgiving recipes we have for you!

Garlic Mashed Cauliflower

Image provided by [Taste of Home](#)

Ingredients

- 5 cups fresh cauliflowerets

- 1 garlic clove, thinly sliced
- 3 tablespoons fat-free milk
- 3 tablespoons reduced-fat mayonnaise
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- Cracked black pepper and minced fresh chives, optional

Directions

- Place 1 in. of water in a large saucepan; add cauliflower and garlic. Bring to a boil. Reduce heat; simmer, covered, until tender, 10-15 minutes, stirring occasionally. Drain cauliflower and garlic; return to pan.
- Mash cauliflower mixture to desired consistency. Stir in milk, mayonnaise, salt and white pepper. If desired, sprinkle with cracked pepper and chives.

Nutrition Facts - 1/2 cup: 74 calories, 4g fat (1g saturated fat), 4mg cholesterol, 428mg sodium, 8g carbohydrate (4g sugars, 3g fiber), 3g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

Blue-Ribbon Herb Rolls

Image provided by [Taste of Home](#)

Ingredients

- 2 packages (1/4 ounce each) active dry yeast
- 2-3/4 cups warm water (110° to 115°), divided
- 1/3 cup vegetable oil
- 1/4 cup honey or molasses
- 1 tablespoon salt
- 2 teaspoons dill weed
- 2 teaspoons dried thyme
- 2 teaspoons dried basil

- 1 teaspoon onion powder
- 1 large egg, room temperature, beaten
- 4 cups whole wheat flour
- 4 to 4-1/2 cups all-purpose flour

Directions

- In a large bowl, dissolve yeast in 1/2 cup warm water. Add the oil, honey, salt, seasonings, egg, whole wheat flour and remaining water. Beat until smooth. Stir in enough all-purpose flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide into 6 portions. Divide each into 24 pieces. Shape each into a 1-in. ball; place 3 balls in each greased muffin cup. Cover and let rise until doubled, 20-25 minutes.
- Bake at 375° for 12-15 minutes or until tops are golden brown. Remove from pans to wire racks.

Nutrition Facts -1 roll: 94 calories, 2g fat (0 saturated fat), 4mg cholesterol, 150mg sodium, 17g carbohydrate (2g sugars, 2g fiber), 3g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

Pumpkin-Butterscotch Gingerbread Trifle

Image provided by [Taste of Home](#)

Ingredients

- 1 package (14-1/2 ounces) gingerbread cake/cookie mix
- 4 cups cold fat-free milk
- 4 packages (1 ounce each) sugar-free instant butterscotch pudding mix
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger

- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1 can (15 ounces) pumpkin
- 1 carton (12 ounces) frozen reduced-fat whipped topping, thawed

Directions

- Prepare and bake gingerbread mix according to package directions for cake. Cool completely.
- Break cake into crumbles; reserve 1/4 cup crumbs. In a large bowl, whisk milk, pudding mixes and spices until mixture is thickened, about 2 minutes. Stir in pumpkin.
- In a 3-1/2 qt. trifle or glass bowl, layer one-fourth of the cake crumbs, half of the pumpkin mixture, one-fourth of the cake crumbs and half of the whipped topping; repeat layers. Top with reserved crumbs. Refrigerate until serving.

Nutrition Facts - 3/4 cup: 220 calories, 6g fat (3g saturated fat), 13mg cholesterol, 325mg sodium, 33g carbohydrate (18g sugars, 1g fiber), 4g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

More diabetes-friendly Thanksgiving dishes can be found [here](#).

Thankful For A God Who Meets Us

November 8th, 2019

“The wind blows wherever it pleases,” Jesus says in the book of John.



We, Christians and seekers, often think that God makes himself known only to those who follow him perfectly and follow the disciplines of church life. Yet God is unpredictable in the ways He reaches each of us. He points us toward the spiritual disciplines, but He isn't boxed in by them. We cling to our plans until we begin to believe His plans for us are better than we could imagine. But letting go of who we think God wants us to be can be a challenge.

It's why when I had my last child and my friend declared my morning devotion time would come to an end, I closed my ears and dug in my spiritual heels. Nothing would change. I cherished early, quiet mornings of meeting with God — coffee, bible, and journal in hand. It's where I got strengthened to face the unknown challenges in the day. Nope, nothing would change.

Jesus continues to say in John 3:8: "You hear its sound, but you cannot tell where it comes from or where it is going." The wind (the spirit of God) is alive and active. The Spirit of God meets us in unpredictable, personal ways.

How does God with meet us? Can we only find Him if we sit with our bible in the mornings? Will He only hear us if we go to church? Should we give up because we don't believe we measure up?

God says there is so much we don't know. We don't know how He creates a child in the womb, but He knits each cell together. We don't know how He reaches into a heart and changes a life in an instant, but He is able. There isn't a place He can't show up. Or a life that he can't remake. There isn't a mistake that can keep him away from us. Or a length He won't go to speak to us.

As a once sleep-deprived momma and then turned special needs parent, my morning time has never looked the same. Yes, it made me uncomfortable, but I learned to release my expectations of myself and how God could meet me.

God doesn't meet us in our neatness. He meets us in our need.

Deanna Albrecht writes on behalf of Ministry and Community Relations at Liberty HealthShare and is passionate about bringing a message of hope to people online.

Visit Our New Website

November 10th, 2019



Liberty HealthShare has rolled out Phase 1 of a new website designed to improve accessibility and functionality for Liberty members and potential members.

Liberty's website, www.libertyhealthshare.org, now features a search function to allow users to find exactly what they are looking for, quickly and easily. The search bar is located in the upper right-hand corner of every page, so users can access the function at any time, from anywhere on the Liberty HealthShare website.

Liberty's website also boasts more streamlined headers and clearer graphics explaining the benefits of Liberty HealthShare membership, along with a wealth of resources and frequently asked questions to help users who are considering becoming a member, and to help members make the most of their Liberty HealthShare membership.

The changes are part of a larger overhaul of the website that will enhance not only the functionality, but the look and feel of the website as well.