

Liberty HealthShare February 2020 Newsletter



MEMBER STORY: MARK HINKLEY

Liberty HealthShare member Mark Hinkley has always been healthy, but that all changed...

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HOW YOU CAN ELIMINATE SURPRISE MEDICAL BILLS

Our members are educated, self-pay patients who can get the best healthcare prices...

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HEALTHSHARING: THE KINDNESS OF SHARING

The world could use more kindness and our sharing community is an inspiring example of generosity...

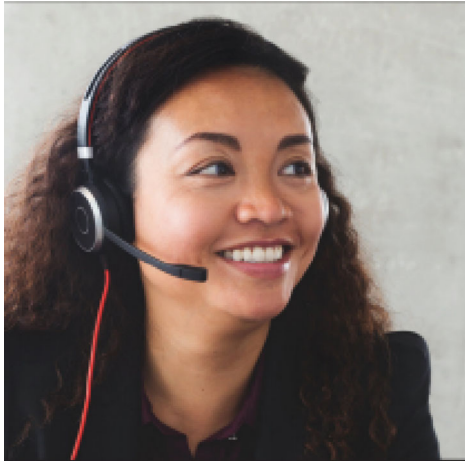
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FEBRUARY IS AMERICAN HEART MONTH

Let these heart facts, tips and resources inspire you to join with others to improve your heart health...

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PRENOTIFICATION AT LIBERTY HEALTHSHARE

Prenotification at Liberty HealthShare can
improve the quality of your care and
reduce the expenses shared by...

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2019 TAX INFO FOR HEALTHCARE SHARING MEMBERS

As a member of a healthcare sharing
ministry, please keep this information in
mind...

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LHS EMPLOYEE SPOTLIGHT

Meet Andrea, a part of the Prenotification
team, who serves our members with
compassionate care...

[READ NOW](#)

JANUARY SHAREPOWER

LIBERTY HEALTHSHARE

**SharePower
Received
\$27,203,862**

**Medical Expenses
Shared
\$27,057,172**

\$1,153,569 CARRIED OVER FOR USE IN THE FIRST 10 DAYS
OF FEBRUARY, BEFORE MEMBER SHARES ARE RECEIVED.

DO *small*
THINGS
WITH
GREAT
love



MEMBERS CAN REDUCE THEIR RISKS AND MEDICATION COSTS

Members who have high blood pressure
can save on medication and reduce...

[READ MORE](#)



HEALTHTRAC GRADUATES

Congratulations to these members who are
improving their health...

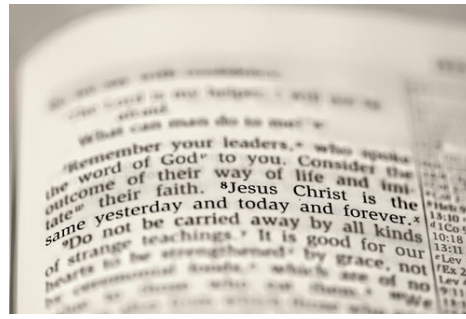
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GUEST POST: SEASONS OF LOSS

If you've lost a loved one or are a caregiver, self-care can be...

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A GOD WHO DOES NOT CHANGE

Who is this God that doesn't change?
What are some things...

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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



Keep Your Member Information Up To Date:

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.

How To Update Your Information In ShareBox:

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:

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You received this email because you subscribed to our list. You can [unsubscribe](#) at any time.

Member Story: Mark Hinkley

February 13th, 2020



Liberty HealthShare member Mark Hinkley has always been healthy, but that all changed two years ago when he faced an unexpected diagnosis. It was December 2018 when Mark noticed that he was having trouble moving his right leg and right arm. Not very concerned, Mark continued to work and made an appointment to see his doctor.

On Christmas day, Mark found out that he had a protrusion pushing onto his spinal cord. His doctor didn't know if the protrusion had caused permanent damage to his spinal cord.

In 2019, he had spine surgery and finally could move his arm and leg, and was able to write again. He was beginning to feel better. However, this wouldn't last for long.

"Things were going well, but five days after surgery, I was having a hard time breathing and I was rushed to the E.R.," Mark said. "They found out that I had a blood clot, a double saddle pulmonary embolism, the size of a baseball in my lungs. I was in ICU for nine days, until they dissolved the blood clot and released me."

While recovering, Mark had one more unexpected medical event and needed another surgery, this time on his left knee.

"My left knee just wore out, bone-on-bone from active use over the years," Mark said. "It was not a problem one day, and the next day it was horrible pain. And my right knee is fine."

The surgery went well, but recovery has been longer – and more painful – than Mark expected. However, he is back at work and walking about 10,000 steps every day.

"I still have seven sessions of PT (physical therapy) to do, and they say I am doing great!"

Mark had survived the most difficult year of his life, but once the medical bills started coming in, he began to worry. His wife, a nurse, was skeptical that his medical expenses would be paid.

After talking to Tom, a Liberty HealthShare provider relations advocate, Mark realized that his bills would be taken care of.

"If I had an issue, Tom would take care of it. He was there for me during my surgery and he did everything to help me."

Mark's wife is a believer in Liberty HealthShare now.

"If I could say anything to other Liberty HealthShare members, it would be to hang in there," Mark said. "Liberty HealthShare has been unbelievable for me. When I've called in, people have been nothing but kind. My experience has been terrific."

After all he's been through the past two years, Mark says that he is thankful for Liberty HealthShare and believes that God allowed him to make it through the hardest year of life for a reason.

The Self-Pay Patient: How to Eliminate Surprise Medical Bills

February 12th, 2020



By Peter Pitts and Dale Bellis

The root cause for surprise medical billing is the failure nationally to adhere to an accepted pricing norm. Networks negotiate their rates and contracts based on their self-directed priorities and market forces. This effectively leaves self-pay/cash-pay patients struggling for fairness, equity and predictability in pricing. Price transparency is a good initial step in marketplace reforms, but it is only a first step. Consider the millions of Americans who choose health sharing as their health coverage option.

Healthcare sharing ministries are organizations where healthcare costs are shared among members who have common ethical or religious beliefs. A healthcare sharing ministry does not use actuaries, does not accept risk or make guarantees, and does not purchase reinsurance policies on behalf of its members. One of the largest health sharing ministries in the United States is Liberty HealthShare.

Liberty does not use a PPO network for its members. Members have the option to use any doctor or hospital they choose. Through a baseline analysis to determine fair and reasonable charges — Reference-Based Pricing (RBP; Medicare reimbursement plus 20-40 percent) — Liberty members share in RBP amounts and send a check for services based on that pricing analysis. Ninety-seven percent of all providers accept Liberty members' checks. The remaining three percent send a balance bill to our members. Our members expect to be balance billed. We educate the member on what a balance bill is, when to expect it, and what to do after receiving it.

We provide education, notification, and alerts to members beginning at enrollment as to when to expect a balance bill, and the remedial steps to take when a balance bill arrives. Balance billing is no doubt our number one member complaint, because consumers expect a provider to routinely accept a fair and reasonable reimbursement that conforms to national norms such as RBP. Alas, this is not always the case.

The most likely providers to balance bill Liberty members are hospital-contracted providers such as anesthesiologists, emergency room physicians and radiologists. However, some hospital systems are notorious for not accepting Reference-Based Pricing. Liberty communicates with its members from the onset of a medical incident regarding the prospect of a balance bill. Fifty percent of balance bills get negotiated to a zero balance. Twenty-five percent of balance bills get negotiated with a discount, and the final 25 percent are shared by members in full. The best way to avoid surprise medical bills is to mitigate them or eliminate them entirely.

An educated medical consumer is a health sharing ministry's best member. Liberty, for example, offers multiple tools to its members to secure the best pricing as a self-pay consumer:

- Healthcare Bluebook. Liberty currently provides members with access to Healthcare Bluebook to help the member understand different medical costs in their area, including the actual facility and range of costs for their service. This strategy is most helpful to members who pay cash for services and submit the billing for reimbursement by the members. Our fall back pricing analysis is always Reference-Based Pricing.

- Single Case Agreements. Prior to any medical service being rendered, Liberty advocates for a bundled price and enters into an agreement with the provider for that single case. Diagnostic and procedure information is exchanged, and a favorable pricing agreement is reached prior to the service. Subsequently, service commences and sharing follows the pricing guidelines established. No surprises.

- Pre-Payments. Frequently, hospital systems will not engage in services for a member until prepayment is made on behalf of the self-pay patient. Upon submission of a membership card and upon determination that the patient does not have insurance but is a member of a healthcare sharing ministry, the provider requires a substantial prepayment. LHS advocates on behalf of the member for the best cash payment and arranges for services to be rendered at that pre-determined rate.

Publicly disclosed price averages and/or ranges would enable health sharing ministries and their members to price-shop procedures against our pricing norms and negotiate better more predictable rates. Pricing transparency is needed to inject pricing competition into the marketplace.

Health sharing isn't for everyone — but our strategies and tactics to mitigate and eliminate surprise medical billing are a model for closer consideration:

- Transparency. Encourage providers to publish rates based on an accepted measurement like DRGs. A DRG, or diagnosis-related group, is a patient classification system that standardizes prospective payment to hospitals and encourages cost-containment initiatives. In general, a DRG payment covers all charges associated with an inpatient stay from the time of admission to discharge.

- Fairness. Encourage adoption of providers billing lowest-contracted rates instead of amounts generally billed.

- Reciprocity. Propose providers with privileges at a facility honor contracts the facility has with payers, self-pay included.

- Reward competition. Create a legislative/regulatory culture for self-pay friendly pricing. Yes, this will be a heavy lift considering the political clout of the insurance industry — but it's a battle worth fighting.

“Military power wins battles, but spiritual power wins wars.” – George C. Marshall

This article was first published in the Washington Times, <https://www.washingtontimes.com/news/2020/feb/12/how-to-eliminate-surprise-medical-bills/> (<https://www.washingtontimes.com/news/2020/feb/12/how-to-eliminate-surprise-medical-bills/>)

Peter J. Pitts, a former FDA associate commissioner, is president of the Center for Medicine in the Public Interest. Dale Bellis is a founder and past president of Liberty HealthShare.

The Kindness of Sharing: HealthSharing

February 11th, 2020



It seems the world could use a little more kindness today.

Giving to a neighbor in need, sharing resources as a community and lifting one another in prayer – not only is this a kinder, healthier way to live in community, it's also the foundation of both our Christian faith and a vibrant healthsharing community: to give,

We give because God first gave to us

As people who have decided to live by the biblical value of caring, we hold the concept of sharing in high regard. It's also a priority that keeps our sharing community healthy and active.

The monthly share is where it all begins

The beginning of sharing starts with a decision to give of our resources. Healthsharing members commit to sending in a monthly share. The share amount is pre-determined by the program our members have chosen for themselves or for their families. It's intentional that our sharing amounts are affordable for all. In our many years as a healthsharing ministry, we have only increased our sharing amounts one time – when the medical needs of our community surpassed the sharing dollars that we had received.

Stewarding our share dollars

Our members are resourceful and become wise stewards of their healthcare dollars. Our members take time to review and understand the Sharing Guidelines as the guiding document for all healthcare interactions to determine eligibility of medical expenses.

Most important, our members protect our community share dollars by making thoughtful healthcare choices and selecting providers who charge fair and reasonable rates. For example, members can save our community's share dollars by using the Healthcare Bluebook tool, found in their ShareBox, before they seek medical care. Members can also ensure their shares are properly recorded and credited each month by keeping their membership and payment information up-to-date. This gives our members more power to share!

Caring for one other

Our sharing community is an inspiring example of generosity. It's a testament that we can live together in the freedom of a Christian community, where kindness and resources are shared and everyone's healthcare costs are reduced.

Tags:

Health-And-Wellness Healthtrac

February is American Heart Month

February 10th, 2020

February is American Heart Month, and according to the [National Heart, Lung and Blood Institute](#) (NHLBI), we're more successful at meeting our health goals when we team up with others.



Here are some facts, tips and resources to inspire you to join with others to improve your heart health.

the United States?

According to the Heart Foundation, heart disease is a broad term used for a wide variety of diseases of the heart and blood vessels such as coronary artery disease; heart rhythm disorders called arrhythmias; and defects of the heart present at birth, also called congenital heart defects.

Research shows that about 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease. These factors include diabetes, high blood pressure, high blood cholesterol, and being a smoker or overweight. Lowering these risk factors can decrease the chances of developing heart disease.

Follow these heart healthy lifestyle tips with loved ones – and remember, you don't have incorporate them all at once, as small steps lead to big changes.

- **Be more physically active:** Ask a colleague to walk with you on a regular basis during your break or join an exercise class at your local community center and bring a neighbor along.
- **Maintain a healthy weight:** Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. Plan regular check-ins with them to stay motivated.
- **Eat a nutritious diet:** We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try the National Heart, Lung, and Blood Institute's free Dietary Approaches to Stop Hypertension (DASH) eating plan. Research shows that compared to a typical American diet, it lowers high blood pressure and improves blood cholesterol levels.
- **Quit smoking:** To help you quit, ask others for support or join a support group. Research shows that people are much more likely to quit smoking if their spouse, friend, or sibling does as well. Social support online can also help you on your journey to a smoke-free life. Many free resources are available to help you quit, such as apps, a motivational text service, and a chat line at BeTobaccoFree (<https://betobaccofree.hhs.gov/>) and Smokefree.gov (<https://smokefree.gov/>).
- **Reduce your stress:** Physical activity helps your heart health and can also help reduce stress. Try incorporating a relaxing activity every day, like walking, yoga, or meditation.
- **Get enough quality sleep:** Sleeping 7-8 hours a night helps to improve heart health. Keep in mind that it is not only the amount of time you sleep, but also the quality

of your sleep. Try turning off the screen before bed and focus on relaxing by listening to music, reading, or taking a bath.

- **Track your heart health stats:** Keeping a log of your blood pressure, weight goals, and physical activity will help you stay on a heart healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's [Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet](#)

We encourage you to use these suggested tips as a guide to incorporate healthier habits into your everyday life. Remember the importance of having a supportive team around you and strengthening your close relationships. This means having people in our lives who encourage, motivate, and help us. We know that feeling connected and having companionship through close relationships benefits our overall health and leaves us with a grateful, happy heart.

The Steps in the Prenotification Process at Liberty HealthShare

February 9th, 2020

One area many Liberty HealthShare members often inquire about is prenotification. As a member, it's clear that you value controlling your own healthcare, including the costs. The goal of prenotification is to improve quality of care and reduce expenses shared by members.

What needs pre-notification?

To be considered for sharing, these services require pre-notification:

- Inpatient confinements
- Organ/tissue transplant services
- Emergency admissions as soon as it becomes evidently needed
- Extended emergency department observation and care
- All home health care services
- All outpatient surgery
- Obstetric and prenatal needs
- Maternity, upon admission or anticipated admission
- Non-emergent MRI scans
- PET Scanning
- Cardiac catheterization
- Cardiac rehabilitation
- Diagnostic colonoscopy
- Endoscopy
- Upon diagnosis of cancer
- Prior to initiation of radiation therapy or chemotherapy
- Any repeated utilization of the following services:
 - Acupuncture
 - Occupational therapy
 - Physical therapy
 - Speech therapy
 - Outpatient respiratory therapy
- Any complementary or alternative medical management
- Pain injections
- Diagnostic mammogram

The following services do not require pre-notification:

- CT scans
- Outpatient visits
- EKG
- Emergency department visits
- Routine laboratory testing
- Wellness mammograms
- Ultrasound
- Wellness and flu vaccinations
- Plain x-rays
- Initial therapist evaluations
- Skin biopsies

Please see the Sharing Guidelines for a complete list and further explanation. Per the Sharing Guidelines, tests where pre-notification is not required are not necessarily eligible for sharing.

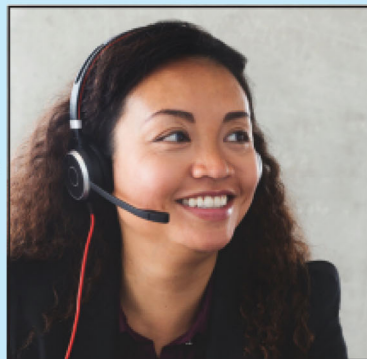


Photo by @sarahpflugphoto

Our processes do not dictate what treatment a member chooses, but are designed to help members interact with a complex and confusing medical system. Though, be aware that while pre-notification does establish eligibility for sharing, it does not guarantee that all expenses will be shared.

The sharing member, their representative or physician, should call the Liberty HealthShare prenotification department at 855-585-4237, option 4, as soon as a medical need is recognized, and if possible, at least seven days prior to any admission. *Please note: members who have an urgent prenotification request should immediately call the Prenote department.*

Here's a quick walkthrough of the steps in the prenotification process to help guide you through the experience:

1. Liberty HealthShare members are encouraged to thoroughly review and become familiar with the Sharing Guidelines. This is one of the many resources available to members to gain an understanding of our processes, and ensure they are taking the right steps to for timely, efficient processing of their prenotification and ensuing expenses.
2. The prenotification process begins when a member has a medical need that arises. Members should use the Healthcare Bluebook, accessible through their ShareBox, to find a quality healthcare provider that offers a fair price.
3. A member should refer to the Sharing Guidelines for a complete list of medical issues that require prenotification. If there is any question or uncertainty, members are encouraged to call the Liberty HealthShare prenotification department at 855-585-4237, option 4.
4. A member or their healthcare provider can choose to download and complete the prenotification request form from their ShareBox or libertyhealthshare.org/downloads and submit it per the instructions outlined in the form. Members or providers can also call the prenotification department at the number above.
5. Members may need to provide healthcare records to determine things like pre-existing conditions and the onset of signs and symptoms.
6. Once a prenotification staff nurse has all of a member's necessary documentation, the Liberty HealthShare prenotification department then makes a determination of eligibility and a staff member will follow up with the member within 7-10 business days.

If you still have questions, please call the prenotification department at the number above and one of our helpful staff will be happy to assist you.

It is our privilege to navigate healthcare in ways that honor our commitment to wise stewardship and mutual support. We believe this mentality is reflected in our members, and we thank you for your continued partnership in Liberty HealthShare.

2019 Tax Info for Healthcare Sharing Members

February 5th, 2020



Tax time has come once again and this year tax day falls on Wednesday, April 15, 2020.

As a member of a healthcare sharing ministry, please keep the below information in mind when filing your taxes this year.

For the 2019 tax year, per the IRS, the 1040 will not have the "Full-year health care coverage or exempt box". In addition, Form 8965 will no longer be used.

If you are filing for 2018 and prior tax years – the "Shared Responsibility Payment" requirement is still in effect.

Navigating the process to file your taxes can be complicated and confusing. If you have lingering questions consult your local tax advisor for guidance to ensure you are filing the appropriate forms, correctly and completely.

Employee Spotlight: Andrea M.

February 8th, 2020

Meet Andrea, a part of the prenotification team, who serves our members with compassionate care.



Andrea took a couple moments to answer some questions and help us get to know her a little better. Here's what she had to say.

What motivates you to wake up and go to work?

Providing for my family and coming into work to help our members in what may be a very difficult and stressful time for them.

What is your favorite thing about being a part of the prenotification team at LHS?

Getting issues resolved for members who may have a hard time understanding LHS procedures, prenotifications, or other concerns. Also, the prenotification department is a great team – everyone is always willing to help each other as well as the members.

What are three words or phrases you would use to describe LHS?

Compassionate, family-centered with Christian beliefs and values, ever-growing and changing for a better member experience.

What's your favorite scripture or quote?

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

-Nelson Mandela

What is your favorite TV show or movie?

Due to work and family, I rarely watch TV. I find that I frequently listen to music more than TV.

Who makes up your family?

My boyfriend Jesse; sons Jaydon, 15, Jakoby, 11 and DaShawn, 4; and daughter Jaliyah, 8.

What do you enjoy doing outside of work?

I enjoy time with my children, road trips, finding new places and things to do and spending time with family and friends.

Is there anything else you'd like to share about yourself or your work at LHS?

I've been a nurse for 10 years and in the medical field for 20 years. I'm a very easy-going, friendly, caring individual, and I believe those traits are very important in the nursing field and in prenotification/clinical review.

Andrea is just one of the many team members at Liberty HealthShare who are dedicated to helping our members with their healthcare situations. We hope you look forward to getting to know other members of our team in future newsletters!

High Blood Pressure: Save on Medication Costs

February 7th, 2020



More than half of all adults in the U.S. and one in four adults in Canada have high blood pressure, also known as hypertension. Hypertension occurs when the pressure against the walls of the blood vessels is higher than it should be. The heart then must work extra hard to pump blood through them. Plus, the high pressure is hard on those blood vessels and can damage the artery walls.

High blood pressure can lead to many serious problems – stroke, heart attack, kidney damage, and blindness, to name a few. High blood pressure is sometimes called a “silent killer” because it doesn’t usually show symptoms such as pain. Because patients don’t feel any differently, they can forget to take their medications or intentionally stop taking

them, which can lead to problems over time. There are many different medications to treat high blood pressure, including extended-release forms and combination products, which can also lead to patient confusion.

What causes high blood pressure?

High blood pressure can be caused by a number of different things. Older people are more likely to have high blood pressure than younger people. African Americans are more likely to have high blood pressure than Caucasians. Overweight people are more likely to have high blood pressure than people who maintain a normal weight. There also are several medical conditions which can cause high blood pressure, including high cholesterol, diabetes, and kidney problems. The use of some over-the-counter medications, prescription meds, and smoking or chewing tobacco can also cause high blood pressure.

What blood pressure is considered “high”?

The definition for what is considered high blood pressure has been tightened. In 2017, new guidelines from the American Heart Association, the American College of Cardiology, and nine other health organizations lowered the numbers for the diagnosis of hypertension to 130/80 millimeters of mercury (mm Hg) and higher for all adults. The previous guidelines set the threshold at 140/90 mm Hg for people younger than age 65 and 150/80 mm Hg for those ages 65 and older.

The first number of a blood pressure reading is systolic pressure, which is the pressure in the blood vessels when the heart contracts. The second number is diastolic pressure, which is the pressure in the blood vessels when the heart is relaxed between beats. Both numbers are important when diagnosing and treating high blood pressure, and healthcare providers and pharmacists will look to these when optimizing medication therapy.

What is the goal of treating high blood pressure, and why is it important?

The goal of treating high blood pressure is to reduce the blood pressure below the desired target for a patient’s age and condition. Getting blood pressure below the target is important to help reduce the patient’s risk of heart attack, stroke and damage to organs such as the kidneys and eyes.

What are some of the different kinds of medications used to treat high blood pressure?

There are several different kinds of medications used to treat high blood pressure. Often a medication will be selected for treating a patient's high blood pressure if it's also good for another problem the patient has, such as heart failure or kidney problems. Medical conditions should be kept up-to-date in patient profiles at their pharmacies so that pharmacists can make sure patients are on the most appropriate therapy.

Diuretics, or “water pills” (e.g., chlorthalidone, furosemide and hydrochlorothiazide), are one of the most common medications used to treat high blood pressure. These help the body get rid of unneeded water and salt. When the body is rid of excess water and salt, blood pressure is lowered.

Angiotensin-converting enzyme (ACE) inhibitors (e.g., enalapril [*Vasotec*], lisinopril [*Prinivil*, *Zestril*], etc.) and **Angiotensin receptor blockers (ARB's)** (e.g., losartan [*Cozaar*], valsartan [*Diovan*], etc.) are also used very commonly to treat high blood pressure. These medications help to relax blood vessels which lowers blood pressure. They are particularly good for patients with diabetes and kidney problems.

Beta-blockers (e.g., carvedilol [*Coreg*], metoprolol succinate [*Toprol XL*; U.S.], etc.) are good for treating high blood pressure in patients with heart failure or after a heart attack. They can help dilate, or relax, blood vessels and reduce the heart rate.

Calcium channel blockers (CCB's) (e.g., amlodipine [*Norvasc*], nifedipine [*Procardia*], etc.) are good for treating high blood pressure in patients where there isn't an underlying cause. Calcium channel blockers prevent movement of calcium in and out of cells which slows down heart rate and opens up blood vessels.

There are other medications that you may see used to help lower blood pressure. For example, hydralazine and clonidine are also used for treating high blood pressure. **Hydralazine** is considered a direct-acting blood pressure medication, since it works on smooth muscles in blood vessels. **Clonidine** is an “alpha-agonist” that works on the central nervous system to relax blood vessels.

HealthShareRx carries all the medications listed above at considerable savings over conventional pharmacy outlets. To learn more, go to healthsharerx.com to find out how to order or transfer your prescriptions. It is easy and their staff is ready to help. You may also call HealthShareRx customer service at 888-519-8188 for assistance.

NEW ADDITIONS TO THE HEALTHSHARERX FORMULARY:

NEW CHRONIC FORMULARY ADDITIONS AS OF 1/1/2020 FILLED AT APS HOME DELIVERY PHARMACY		
Formulary type: CHRONIC= FILLED BY APS HOME DELIVERY		
DRUG NAME	PRICE/MAX QTY FOR 90DAY SUPPLY	BRAND NAME
Albuterol Sulfate HFA	\$45.00(1) / \$85.00(2) /\$120.00(3)	VENTOLIN HFA/ PROAIR HFA
Doxycycline Hyclate 20mg tablets	\$30.00(180)	PERIOSTAT
Doxycycline Hyclate 50mg capsules	\$30.00(180)	VIBRAMYCIN
Doxycycline Hyclate 100mg capsules	\$30.00(180)	VIBRAMYCIN
Doxycycline Hyclate 100mg tablets	\$30.00(180)	VIBRA-TAB
Fluoxetine 40mg capsules	\$15.00(90)	PROZAC
Levetiracetam 750mg tablets	\$45.00 (180)	KEPPRA
Levothyroxine Sodium 137mcg Tablets	\$30.00(90)	SYNTHROID
Levothyroxine Sodium 25mcg Tablets	\$30.00 (90)	SYNTHROID
Levothyroxine Sodium 88mcg Tablets	\$30.00(90)	SYNTHROID
Liothyronine Sodium 5mcg Tablets	\$45.00(90)	CYTOMEL
Medroxyprogesterone 2.5mg tablets	\$45.00(90)	PROVERA
Ondansetron ODT 4 mg Tablets	\$30.00 (18)	ZOFRAN
Ondansetron ODT 8 mg Tablets	\$30.00 (18)	ZOFRAN
Progesterone 100mg Capsules	\$45.00(90)	PROMETHRIUM
Progesterone 200mg Capsules	\$45.00(90)	PROMETHRIUM
Rizatriptan 10mg	\$30.00 (18)	MAXALT
Rizatriptan 5 mg	\$30.00 (18)	MAXALT
Sumatriptan Succinate 100mg Tablets	\$30.00 (18)	IMITREX
Sumatriptan Succinate 50 mg Tablets	\$30.00 (18)	IMITREX
Valacyclovir 1gm tablets	\$50.00 (90) / \$85.00 (180)	VALTREX
Valacyclovir 500mg tablets	\$35.00 (90) / \$50.00 (180)	VALTREX

NEW *ACUTE* FORMULARY ADDITIONS AS OF 1/1/2020

NEW ACUTE FORMULARY ADDITIONS AS OF 1/1/2020 FILLED AT LOCAL IN-NETWORK PHARMACY		
DRUG NAME	PRICE/MAXIMUM QUANTITY	BRAND NAME
Cefdinir 300mg Capsules (NEW 1/1/2020)	\$5.00	OMNICEF
Cefdinir 250mg/5ml(100ml) Suspension (NEW 1/1/2020)	\$5.00	OMNICEF

January Liberty HealthShare HealthTrac Graduates

February 6th, 2020

Baker Jacob
Blom Marie
Cortes Gregorio
Eisenbaugh Stephen
Fontaine Diane
Gibbons Julieann
Hassani Ata
Hatmaker David
Hayes Brenda
Karbach patricia
Karnes Kelly
Kelly Donald
Kippert Catherine
Lapinski Wendy
Lemke Beth
Macro Christina
Mann Cherie
Morais Laurel

Noble Rebecca
Palmer Dylan
Parker Mary
Patni Meera
Rivera Carlos
Russell Jeremy
Selya Ira
Skalberg Trevor
Stefek Shane
Sullard Renee
Van Jindelt Shari
Woodrow Jonathan
Wroblewski Valerie

How to Care For Yourself In Seasons of Loss

February 5th, 2020



Losing a loved one to death or divorce can be so overwhelming and debilitating that self-care is usually nowhere on our radar. Surviving the deep wounds of loss or trauma, compounded with the relentless pressures of just getting through the day, tends to shroud the importance of taking care of ourselves.

In the book Goodbye for Now: Practical Help and Personal Hope for Those Who Grieve, I suggest three guidelines: *Do only what is absolutely essential for right now*; *when in doubt, wait*; and *take care of you*. During a devastating divorce, and later the death of my father, and now the daily stress of being a caregiver to my veteran husband who battles PTSD, the following Self-Care Survival Checklist has truly been a lifeline of health to me. I hope you find it helpful too, whether for a painful season of loss, or you need daily tips for ongoing self-care.

___ **Pour out your heart to God.**

There will be times when you come before Him and have no words. Lay your petitions at His feet. Claim His promises. Take comfort in His eternal love.

___ **Immerse yourself in God's Word.**

God's Word is true, powerful, and supernatural. And yet it is amazingly personal. His Word brings strength, hope, wisdom, and peace. Ask Him to show you a special promise or word of encouragement today.

___ **In times of loss, put off major decisions if possible.**

It's necessary to live through all four seasons, with holidays, birthdays, anniversaries, and other memories. Along with healing comes clearer thinking. Circumstances will change, and so will you.

___ **Feel the feelings in a healthy way.**

You are not responsible for feelings that come uninvited, but for what you do with them. Identify the feeling. Own it. Resist the temptation just to cover up the pain with something that feels good. Then find a healthy outlet (journaling, writing, talking, yelling, crying, running, cleaning, artwork, singing, exercising, going for a walk, playing with a pet, etc.). Letting the "stuff" out in a healthy way will pay off!

___ **Talk to someone trustworthy. Get support.**

Who are the people you can share with— your family, friends, pastor or counselor? Surround yourself with healthy, wise, supportive individuals. There also might be times when you're exhausted and solitude is what you need most.

___ **Keep your sense of humor.**

Scripture has taught for centuries what medical research has validated: "A merry heart doeth good like a medicine" (Proverbs 17:22, KJV). Appropriate laughter is actually good for you, physically and emotionally.

___ **Carefully choose your sources of input.**

Reading material, social media/Internet, TV, movies, radio, podcasts, music, and input from people can greatly impact your well-being. Provide yourself with as much positive input as you can, and avoid negative or disturbing sources.

___ **Make sleep a priority.**

Sleep is one of the hardest things during times of grief and stress, but it is absolutely essential. A full night's rest, and afternoon naps when possible, will help tremendously. Sleep is our restorative companion, not a luxury.

___ **Fill your body with healthy things.**

Your body is on a physiological battlefield right now. It's up to you to supply and reinforce it. Stress weakens the immune system, so anything you can do to build up your resistance will be beneficial. Do your best to get the nutrients you need, and avoid what is depleting.

___ **Do some physical activity every day.**

Just 20-60 minutes a day of moving your body can increase your energy and help you think more clearly. Exercise can release endorphins, the body's natural tranquilizer and mood enhancer, and also boost the immune system and improve sleep.

___ **Let yourself feel special.**

Self-deprivation is not a virtue. During this difficult season, remind yourself that you are special. Hopefully your friends and loved ones are supportive. And don't put off needed dental and medical care.

___ **Decide when to take some time off and when to be actively involved.**

It may be necessary to bow out of some activities or events. Having good boundaries sometimes means saying no. Ask yourself, "Is this energizing and lifting me up, or is it draining me?"

___ **Let go of what is beyond your control.**

The future is daunting. Life feels so overwhelming! If you have done everything you can, then consciously let go. Choose to trust God to lead you through the uncertainties of tomorrow. He knows everything, and we do not. He is all-powerful, and we are not. Let go and let God.

___ **Count your blessings.**

We're so focused on easing our pain and getting past our problems that gratitude can feel so foreign. Think of the positive things that have happened, how your needs are being met, and all we're prone to take for granted. Try to name 10 things every day, and your world will brighten as you choose to give thanks.

___ **Trust God.**

Perhaps your faith in God has been shaken a bit lately. Where has He been, and if He is good **why does he allow such hard times**? He never promised us a comfortable life here, and we know we all have an appointment with death. That is the whole reason He sent His son to die for us on the cross. Then He rose again, triumphantly conquering death forever! Reach out in faith. He is worthy of your trust.

___ **Let time work.**

As you take healthy steps of self-care each day, you will heal and grow. Let time work for you. Let God work in you. And one day you will look back and be amazed at how He actually brought good things out of this seemingly hopeless season. No longer merely surviving... you'll be thriving!

~Adapted from Welby O'Brien's ***Goodbye for Now*** and ***Formerly a Wife***.

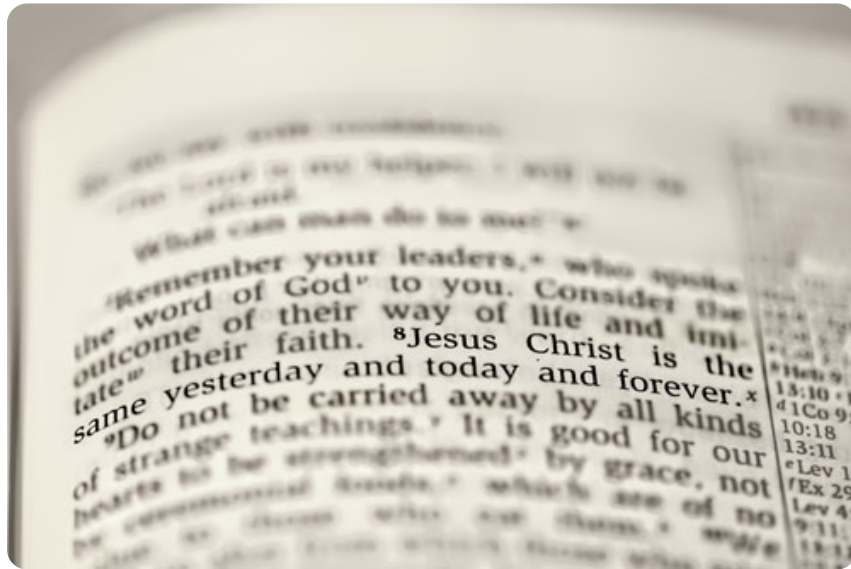
*Welby O'Brien holds a master's degree in counseling from Portland State University and a teaching degree from Biola University, and based on her own life journey she has authored **LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD**, ***Goodbye for Now*** (grief support), and ***Formerly A Wife*** (divorce support). She is also a contributing author to *Chicken Soup for the Soul: Divorce and Recovery*, *Chicken Soup for the Soul: The Spirit of America*, as well as *Shepherding Women in Pain*. Welby initiated and continues to facilitate the spouse and family support network known as Love Our Vets – PTSD Family Support, LLC. (<http://www.loveourvets.org/>) Join Welby and thousands of others on Facebook at Love Our Vets – PTSD Family Support.*

A God Who Does Not Change

February 6th, 2020

"I am the Lord, and I do not change."

Malachi 3:6 NLT



This scriptural reference is God responding to a people that have chosen to go their own way and make their own choices. Israel disregarded God's word and commandments and became very agitated when they had to pay the consequences of ignoring God and His Sovereignty.

So who is this God that doesn't change? What are some things we need to know about Him?

He is longsuffering.

He is merciful.

He is demanding.

He is Holy

He wants us to follow Him 100 percent.

He accepts our repentance.

He knows everything.

He sees everything.

He is all-powerful.

He will give wisdom to those that ask for it.

He can heal you physically, mentally and emotionally.

He is forgiving.

He is just.

He is compassionate.

Our time on this earth is our chance to follow Him and determine our eternal home.

The Hebrew writer reminds us that, *“Jesus Christ is the same, yesterday today and forever.”* With that in mind do everything you can to know this God. Find a way to push past the voices of our culture and press into knowing Him and walking with Him. Let Him be your friend and constant companion. Allow Him to change you from the inside out. Let Him do His work through you to affect change in the world around you. This God longs to be in a relationship with you. Let Him be the Lord of your life.

*Lord, You are unchanging and that brings me comfort today. Allow me to know You better and follow you more. Teach me who You really are and what You really want from me.
Amen*

Wes Humble is the Executive Director of Ministry and Community Relations at Liberty HealthShare. He has thirty years of experience in various pastoral and editorial roles, and he is passionate about responding to the spiritual needs of both ministry staff and members.

Tags: