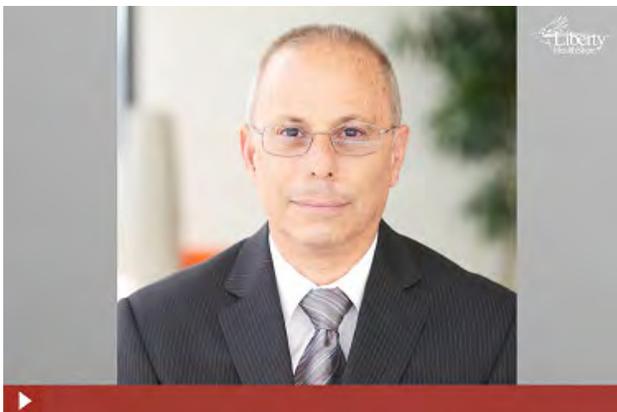


Liberty HealthShare April 2020 Newsletter



A "COVID-19 Q&A," WITH PETER PITTS

Liberty hosted a live Town Hall on
April 14, 2020. Watch the replay [HERE](#).

Use password **bPH753uE** to view...

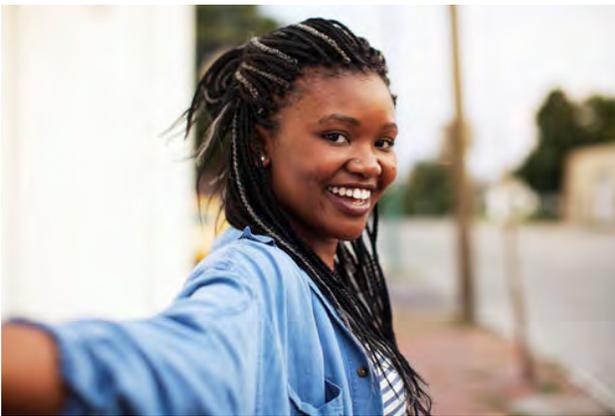
[READ NOW](#)



COPING DURING COVID-19

These strategies can help you cope and care for your mental health during challenging and difficult times...

[READ NOW](#)



A MINDFUL MOVEMENT

Get outdoors and incorporate a gratitude walk into your day to refocus and gain a new perspective...

[READ NOW](#)



ISHARE: A WAY TO HELP OTHERS

You can help those who are experiencing hardship and have been impacted the most by COVID-19...

[READ NOW](#)



MEMBER SERVICES AT LIBERTY HEALTHSHARE

William, Assistant Team Lead, is part of our Member Services department and he helps our members who have...

[READ NOW](#)

MARCH SHAREPOWER LIBERTY HEALTHSHARE

SharePower	Medical Expenses
Received	Shared
\$27,798,683	\$28,524,752



\$1,490,118 CARRIED OVER FOR USE IN THE FIRST 10 DAYS OF APRIL, BEFORE MEMBER SHARES ARE RECEIVED.





LIBERTY'S MINISTRY TEAM GOES LIVE



READ NOW



THE STRENGTH OF OUR HEARTS

Despite all of the things that may threaten to steal our peace, there is one constant that can give us strength...

READ NOW



HEALTHTRAC GRADUATES

Congratulations to these HealthTrac members who graduated during the month of March...

READ NOW

As COVID-19 impacts our nation, we are asking members to follow the guidelines below:

Member Services

If you need member services support at this time, we encourage you to use ShareBox or email as the primary means to communicate. We promise to ensure your inquiry is addressed, but it may take a little longer due to our temporary safety measures aimed to protect our employees.

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.

ShareBox

The latest information regarding any sharing questions can be found via your personal ShareBox.

Member Payments

All monthly shares should be sent via ShareBox. At this time, please do not come to our offices to submit your monthly share; instead, mail your monthly share to the following address: **Payee:** Gospel Light DBA Liberty HealthShare **Payment Address:** PO Box 771972, Detroit, Michigan 48277-1972.



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:

On the anniversary of your enrollment date, you will be charged a \$75 renewal fee in addition to your suggested monthly share amount.

Liberty HealthShare hosts COVID-19 Town Hall

April 16th, 2020

At a time of uncertainty and crisis in our nation, many of our members feel overwhelmed and want reliable information regarding COVID-19 that they can trust.

To help, Liberty HealthShare offered members special one-on-one access to the virtual town hall event, "COVID-19 Q&A," on Tuesday, April 14, 2020. The event featured Peter Pitts, president and co-founder of Center for Medicine in the Public Interest and former Food and Drug Administration associate commissioner and advisory council member to Liberty's CEO.

Members could submit their questions before the event and those who attended the event live could ask their questions to Peter as he shared his insight on topics such as the importance of sheltering in place, protecting yourself and others, COVID-19 treatments and more.

If you missed the Town Hall, you can [watch it here](#). The password for access is bPH753uE. We will be compiling an FAQ to share with members in the coming days.

Peter's comments on health care policy issues have appeared in The New York Times, The Los Angeles Times, The Washington Post, The Wall Street Journal, Fox News, CNBC, PBS NewsHour, and NBC Dateline, [as seen here](#).



Coping emotionally during COVID-19

April 16th, 2020

We are surely living through stressful and uncertain times. It is normal to experience fear and worry about our own health as well as that of our loved ones. Emotional responses to these uncertain times, such as fear, anxiety, sadness, helplessness and anger, are normal and can be mentally and emotionally overwhelming. Exercising healthy behaviors can help you remain positive and encouraged during this time.

Using strategies like those listed below can help you to cope with the current challenges you are facing.

- **Create a routine.** Structure can be an important part of having a positive and productive day. It may be a different routine than what you are used to, but it will be your new routine for now. Be sure to add self-care into your new routine, including regular bedtimes, exercise, meal prep and stress relief, just to name a few.
- **Exercise daily.** You may not be able to visit your gym, but make it a point to find exercise you can safely do at home on a regular basis. Exercise ideas can include brisk walks, jogging, jump roping, biking, yoga, or resistance training. Search the internet to find any type of exercise that may interest you. Exercise is vital not only for physical health, but mental health as well. It can aid in stress relief, support better sleep and contribute to a feeling of accomplishment.
- **Get plenty of sleep.** Aim for 7-8 hours of sleep a night by creating a habit of going to bed at a regular time and waking up at a regular time. Turn off the television and other electronic devices well before bedtime.
- **Maintain a healthy diet.** Fuel your body with healthy foods and drink plenty of water. Be careful of eating foods for comfort too often. Keep a regular meal routine and plan snacks out accordingly. Physical stress can contribute to suppressing our immune system. A nutritious diet can help to boost our immune system as well as our mood.
- **Take time to unwind.** Put aside time daily to de-stress by turning off the television, phone, or anything that can be distracting and focus on yourself.
- **Connect with others.** Although we must social distance, do not isolate yourself. Connect with family and friends through phone calls, emails, text messages or virtual platforms. Don't be afraid to tell those closest to you how you are feeling; chances are they feel the same way.
- **Go outside.** Go outside daily to help boost your mood and, if the sun is out, your vitamin D levels as well.
- **Be productive.** Decide what you will do with the gift of time you have now been given. You can choose to be productive with your time. Create a master list of projects you have been wanting to accomplish. Create a daily to-do list that includes daily routine chores as well as items from your master list. Finishing tasks on your to-do list can create a feeling of accomplishment and productivity.
- **Stay positive.** Create positive thinking by writing down daily one thing you are thankful for. It may become a list you continue with long after the crisis is over as a wonderful way to remind yourself each day of all you are blessed with. Give yourself permission to laugh and be happy. We can choose to make each day better than the last.
- **Focus on what you CAN control.** We may not be able to control much of what is going on in the world currently, however we CAN control how we personally choose to respond. It is important to stay focused on what you can control and what you can do right now for yourself and others.

It is essential to take good mental and physical care of yourself during this unprecedented situation. Self-care, both physical and mental, is vital to how we personally respond and handle this crisis for ourselves and our family.

Article courtesy of Kimberly A. Tessmer, RDN, LD Dietitian and GemCare Wellness HealthTrac Health Coach



Move with purpose

April 16th, 2020

Happy Move More Month!

The American Heart Association is celebrating April as Move More Month, as a part of the Healthy For Good movement. The drive is to inspire people everywhere to make lasting changes in their health and their lives, one small step at a time.

As we focus on the importance of incorporating regular movement into our lives for our physical health, the mental and spiritual benefits we receive from movement often settle as an afterthought. We should look at regular movement from a rounded perspective and incorporate this habit into our daily lives for more reasons than just physical health. This month, rather than discussing movement solely for the physical benefits, we would like to introduce you to the concept of mindful movement and how you can experience life-changing value by adding this into your lifestyle.



What is mindful movement?

Mindful movement is essentially moving purposefully, and it is a great way to check in with your body, mind and spirit to determine what it is that you actually need in the moment, both physically and mentally. Movement that focuses on a set intention can help you harness your inner strength, gain clarity, increase your mood and strengthen your closeness with God.

We often force ourselves into physical movement, and although exercise is essential for a healthy physical well-being, it is also important to be conscientious of our bodies' readiness for movement. At times, we all feel stress or fatigue and varying moods or feelings. Mindful movement opens the space to uplift our spirit while also working on our physical wellness.

Ways to incorporate mindful movement into your day.

There are many ways to incorporate mindful movement into your day. Like anything else, if you want to create a healthy habit, you must make a conscious effort to practice it regularly. You may also find it beneficial to practice mindful movement at the same time every day as way to integrate the act more seamlessly into your daily routine. Aside from your schedule, you can also incorporate varying styles of movement to keep yourself engaged. Mix it up and make it your own!

To start you off, here are some ideas to get you going on your journey of moving with purpose:

- Prayer or gratitude walk – If you desire to become closer to God or deepen your spirituality, taking a prayer or gratitude walk could be the perfect way to combine the elements of nature and spirit. When you start your walk, set your intention and ask God for whatever it is you need during that time. Maybe you need clarity, understanding, peace, or renewed motivation – ask for whatever it is sitting on your heart. You can spend your time in silence while being attentive to the nature and scenery around you, or you can spend your walk in prayer or listening to a podcast by your favorite pastor. You can even try bringing someone along with you to discuss biblical topics or scriptures for new perspective and deeper understanding.
- Set an intention before your workout – You can think of this as moving meditation. If you are the type of person who has a hard time sitting still and calming your mind, focusing on your intention during your workout could be a great way to start exercising mindfulness. You could focus on your breath, being patient with yourself, moving more precisely, or stretching areas of your body that need a little more attention. While doing this, make sure to be aware of the way it feels to give yourself what you truly need.
- Do something lighthearted like dancing or playing outside with your kids or dogs – This seems simple enough, but more often than not, we become stuck in adult mode and forget the joy that comes from being playful. Try turning on your favorite music after work and spend time doing a little dance. Get outside with your kids and pets and allow them to remind you the power of curiosity and silliness. Show gratitude for the fleeting times of lighthearted fun and give yourself the opportunity to rest your mind.

- Try something new like hiking, yoga, cycling, or swimming – New experiences often bring us new challenges and rewards, and are great for helping us to feel empowered. When deciding on which new activity to try, think of what you are missing or would like to gain from the experience. If you need time to reflect and recharge, try going on a hike – or if you are feeling stuck, try the challenge of a new cycling class. Whatever it is you choose, remember to focus on how the experience will best serve you.

These activities will help you become more positive and have an overall healthier journey, beyond the physical – but mental and spiritual as well.

Employee spotlight: Will W.

April 16th, 2020

For our April employee spotlight, we would like to introduce you to William. Will is part of our Member Services team, where he serves as Assistant Team Lead/Special Projects. In his role, Will assists members, helps members understand their bills, and collaborates with our member advocate team.

Will started at Liberty HealthShare in September 2019. One of his favorite things about working in the Member Services department is that, between members and coworkers, he gets to talk and work with people from all walks of life. He is excited to be able to share more about himself with members and others, so we had a chat with Will to help you get to know him.

What motivates you to wake up and go to work?

I've always been passionate about helping people in whatever way possible. Also, the fact that I see our company growing and improving every day gives me a lot of hope for my future.

What made you want to work at Liberty HealthShare?

I was looking for something different from anything I've done in the past. What I found was far beyond my wildest dreams. I never knew about health cost sharing until starting at Liberty HealthShare. The concept sounded intriguing, so I checked it out and fell in love.

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

Caring, Diverse, Blessing

What's your favorite scripture or quote?

Proverbs 3:6, "In all your ways acknowledge him, and he will make your paths straight."

How are you coping with the Coronavirus quarantine? Have you started anything new that you think may become part of your long-term routine?

I've always been somewhat of an introvert, so the quarantine hasn't affected me too drastically. I have started walking my dog more, though!

How do you help people, at work and/or at home?

I listen. Some people just need that.

Who inspires you?

My mother. Despite having a physical handicap, she wakes up every day, goes to work, and just overall rocks it out. She one of my biggest inspirations.

What is your most memorable moment at LHS?



Probably the Christmas party where everyone from both buildings got together and ate and enjoyed each other's company.

Do you have a memorable customer service experience from your personal life?

All of the personal bonds I create when assisting people are memorable.

What are your goals in life and/or at work?

I just want to be the best me I can be.

What are your favorite hobbies? Favorite food?

I like to play video games, play guitar, and play with my cat. My favorite food is lasagna.

What is your favorite TV show or movie?

Anything Marvel.

Who makes up your family?

My mother, grandparents, siblings, nieces, and my fiancée and her family.

What do you enjoy doing outside of work? What are you passionate about?

I love to travel when I can and I've recently acquired a passion for hiking.

Where is your dream vacation?

My dream vacation would be to Disneyland! I love all the nostalgia.

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

I just want to say that while I was chosen for the April spotlight, all of my colleagues are equally as deserving. They are rock stars!

As he mentioned, Will is one of many dedicated people in all areas of our staff who are working to help Liberty HealthShare members. Check back next month to get to know another member of our team!

Join Liberty's Ministry Team on Facebook LIVE

Facebook.com/LibertyHealthShare

Liberty HealthShare

The graphic features a blue background with several red hearts. It includes a central video frame showing a man with a beard and a light-colored shirt. To the left of the video is a smaller inset image of a woman reading a book. To the right is a circular inset image of hands clasped in prayer. In the bottom left corner is the Facebook logo, and in the bottom right corner is the Liberty HealthShare logo.

STAY UP TO DATE
[LIBERTYHEALTHSHARE.COM/COVID-19](https://libertyhealthshare.com/covid-19)

Our first priority is our members and helping you and your family stay healthy. Follow our webpage dedicated to COVID-19 for the most up-to-date member information.



God remains our strength

April 16th, 2020

My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.

Psalm 73:26 NLT

Life happens. Our bodies and minds are fragile entities with unknown expiration dates attached. We may enjoy the energy of our youth and feel empowered through middle age, but as our age advances and days add into months and years, we began to feel the effects of time. Of course one's health failing is not limited to just older adults. All across our nation there are children's hospitals filled with sick, ailing and even dying kids.

The Psalmist makes a big statement in a few words. No matter what happens to us, as long as God is the center of our daily life we will find Him available to strengthen us for the experience. Life is very short and eternity is without end. Placing Christ at the center of our lives seems like it should be an easy choice to make but often people neglect to do it until something is really wrong. When a crisis happens we often rush to find Christ and figure out how to have a relationship with Him because now we need Him.

The Psalmist's words are preemptive. He suggests that negative things may happen, but God remains the strength of his heart. Put Christ first in your life today. Work at accepting His love for you daily and returning the favor by living for Him and making sure He is the most important voice and power in your life.

Pastor Wes Humble, Executive Director of Ministry and Community Relations



March Liberty HealthShare HealthTrac graduates

April 10th, 2020

Apolinar Susan

Bacon Nita

Ballington LouAnn

Bankhead Jeri

Bender Tanya

Bender Ronald

Blakey Gene

Blight Kevin

Brooking Pam

Brooks Robin

Bryant Kurt

Carey Deborah

Carrero Doris

Cole Bradley

Cordova Maribeth

Creviston Belinda

Daugherty Tim

Dubroc Ted

Ferrier Joan

Fragale John

Giberson Gary

Gipson Paula

Hall Eldon

Heerschap Henry

Hoffman Joel

Howell Landon

Jamison Max

Johan Vicky

Johnson Karson

Kelly Linda

Kinder Vickie

Kopaska Mechiel

Kruse Joanne

Labry Debbie

Land Brian

Macrafic Cindy

Marcum Claudine

Masaki Kenneth

Mathis Mindy

Matthews Lisa

McConnell Anita

McDaniel Evan

Mickey Larry

Newton Judy

Patrick Linda

Pelaez Jorge

Pellerin June

Prince Thomas

Rateliff Keith

Rimola Julie

Rush John

Scheel Rebecca

Siena Francis

Sievers Jennifer

Skipper Kim

Spencer Julie

Staab Colleen

Tidwell David

Walker Greg

Weaner Barbara

Westhoven Eric

Williams Janis

Wilson Michael

Wood Karla

Wyatt Jill