

Liberty HealthShare June 2020 Newsletter



WELCOME TO LIBERTY TELEHEALTH

We are excited to announce the launch of Liberty TeleHealth. As a Liberty member, you are automatically enrolled, but you still need to sign up...

[READ NOW](#)



HOW TO IMPROVE THE RELATIONSHIP WITH YOUR DOCTOR

The relationship that you have with your healthcare providers is key to caring for your health and remaining active and healthy...

[READ NOW](#)



PHARMACY COACHING TO FIT YOUR HEALTH NEEDS

Having professional insight on your prescription options to fit both your budget and needs can be very helpful when you are stewarding your healthcare...

[READ NOW](#)



LHS SPOTLIGHT: MEET KATHLEEN

We would like to introduce you to Kathleen, who serves in our Member Services department. Kathleen enjoys serving and helping our members...

[READ NOW](#)



GIVE TO BE A BLESSING

Members can offer help and hope to other members through Liberty's donation-based initiative, iShare. It's another way that we can care for one another...

[READ NOW](#)

**MAY
SHAREPOWER**
a powerful way to give & share

SHAREPOWER RECEIVED
\$27,552,913

MEDICAL EXPENSES SHARED
\$29,121,089

\$212,628

Remaining SharePower carried over for eligible medical expenses submitted in the first two weeks of June.

Look for an important update on medical expenses in next month's newsletter!



Have a safe and happy Independence Day as you celebrate with family and friends!

Compare Before You Schedule

Compare and find
providers who offer
quality care at a fair price.



Get the top 83 most prescribed
acute medications for a \$5 payment
for up to a 21-day supply
at over 64,000 pharmacies
nationwide.



FINISH YOUR RACE

Most of us have heard the phrase "finish strong" and I believe that it can apply to many areas...

[READ NOW](#)



HEALTHTRAC GRADUATES

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

[READ NOW](#)

Getting Started with Liberty TeleHealth



1. Start with the Liberty TeleHealth app
OR use Google Chrome to visit
telehealth.libertyhealthshare.org



2. Create a new account with
your Membership ID number
and birthdate.



7. Complete your
appointment, review the
doctor's notes and follow
their instructions.
You can schedule a
follow-up appointment
too, if necessary.



3. Login into the app or
web portal, update your
medical information and
choose a pharmacy.



4. Search and browse
providers to find the
right doctor for you.



6. Choose your consultation
type from VideoChat,
message or schedule an
appointment for your desired
time.



5. Use a debit or credit card to
pay for your appointment.
(Only Visa and MasterCard payments are
accepted.)

YOUR LIBERTY MEMBERSHIP

Important information and updates

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



YOUR SHAREBOX

How to update your membership

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.

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.

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

Liberty HealthShare

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Welcome to Liberty TeleHealth

June 18th, 2020

Since our nation began the fight against COVID-19, life has been hectic for many of us trying to implement the best practices of social distancing and quarantine while working, taking care of kids, keeping up with family and other activities. Adding one more activity to your day can feel overwhelming. It helps to simplify where you can.

For instance, when an unexpected medical need pops up in your family, the last thing you want to do is spend time and extra money in your doctor's office, especially when you can avoid the unnecessary exposure to public germs and schedule a virtual doctor's appointment



Liberty TeleHealth is here to help.

Liberty TeleHealth will protect your wallet and help you care for your health from the safety and comfort of your own home. You can skip the waiting room entirely and speak to a doctor from wherever, whenever and have your medical needs addressed from home, work or on-the-go. With our mobile app, there is even an option for you to see a physician, discuss your symptoms, and get a prescription all done virtually!

Some of the commonly treated conditions by medical professionals include: allergy symptoms, bronchitis, earaches, flu-like symptoms, pink eye & styes, sinus infection & congestion, sore throat, upper respiratory, infections, bug bites and stings, minor burns, rashes and more.

By using your computer, smartphone or tablet's camera, you can talk face-to-face with a provider and even send a photo to your doctor to show them your concern or complaint. No more feeling rushed trying to make it to appointments, worrying about exposure to germs or time spent waiting in your doctor's office.

Other Liberty TeleHealth features include the ability to build a preferred provider list in your profile, where you can return for easy access to the physicians you prefer. From search options to e-prescriptions that can be electronically sent to your local pharmacy, Liberty TeleHealth takes the hassle and stress out of going to the doctor and managing your health.

Of course, nothing can or should completely replace in-person communication with your doctor, but for certain conditions, this service can bring you significant value and peace of mind. If privacy is a concern for you, rest easy knowing your security is our number one priority. Liberty TeleHealth is triple-grade encrypted and exceeds the federal requirements for HIPAA compliance.

Liberty TeleHealth is available now!

As an active Liberty HealthShare member, you are automatically eligible to enroll into our telehealth program, but you will need to sign up by creating a new account. Your eligible* visits will be \$40 for primary care and \$100 for specialty care, until your Annual Unshared Amount (AUA) is met. It's that simple!

You can access Liberty TeleHealth through the [Google Play Store](#), the [Apple App Store](#) or on your computer via [Google Chrome](#). You can find more information on our [blog](#) or in your [ShareBox](#) where a FAQ document and user manual for the web portal and mobile app are available for your reference.

For questions about telehealth and how it works with your Liberty membership, our Member Services team is happy to help, you can reach us at 855-585-4237.

For technical issues, members should contact our support email at telehealthsupport@libertyhealthshare.org.

*Always check your Sharing Guidelines as they still apply!

How to Improve Your Relationship With Your Doctor

June 18th, 2020

The relationship you have with your doctor is one of the most important relationships you have and maintaining open communication is key to managing your health and addressing your health concerns.

There are many reasons why people may choose not to entirely disclose information to their doctor. It could stem from feelings of anxiety or worry judgement, and although these hesitations are completely normal, it is imperative to your health to overcome these feelings. So this leaves the question: How do you speak with your doctor? What does your doctor need to know to give you the best care?

Here are a few tips to help you improve the communication and feel more confident in talking with your doctor.



Keep a Symptom Log

If you are experiencing an ongoing issue and have concerning symptoms or if there's something that you always want to talk with your doctor about but forget during appointments, try keeping a detailed symptom log. Remembering specific questions and details will be easier if you keep a symptom log or a simple health notebook that you can reference at your next appointment.

Share Your History

Telling your doctor your symptoms and concerns is important, but it's even more important to share the context of your symptoms when they happen. For example, if your knee hurts, explain what you are doing when it hurts, how long it's been hurting and what exactly your symptoms feel like. While you're at it, remember to share your family's medical history as well and any other important information related to your health or a condition you may have.

Share Your Expectations

Having a clear idea of what you want to achieve and what's important to you is the foundation to building a good relationship with your doctor or physician. This takes more introspective work. Ask yourself, what type of lifestyle do I want? What is my desired outcome related to my concern or condition? What scenario would help me to achieve the best results for my situation and health goals? Try journaling these thoughts so you can share your expectations and desires with your doctor.

Ask "Why" Questions

Most of us live busy lives, but don't let time constraints stop you from asking your doctor the questions that are important to you and your health. If your doctor suggests a new medication, treatment or surgery, try asking "why do you think this treatment will benefit me right now?". Asking questions can help you make wiser healthcare decisions. As a self-pay, healthsharing member, being an informed partner with your doctor is key to cutting down on stress and costs for yourself while also supporting your sharing community in remaining active and healthy.

Being prepared for your next doctor's appointment will benefit both you and your doctor. The more you know about your available choices and the healthcare process, the more you will be empowered to make better choices for your health.

Pharmacy Coaching to Fit Your Health Needs

June 18th, 2020

Whether you're managing a chronic health condition or an acute illness, HealthShareRx is available to our healthsharing members and can help you save on the prescriptions you need at no extra cost.

HealthShareRx offers prescription discounts at over 64,000 pharmacies nationwide. Members can also receive a 21-day supply of common prescriptions, including the 83 most prescribed acute medications for only \$5.00. HealthShareRx offers a convenient home delivery service so you can skip the pharmacy and have your necessary prescriptions delivered directly to your door.

Pharmacy coaching to fit your unique needs



With their licensed pharmacists, HealthShareRx is able to offer member education and counseling on a variety of prescription options. For Liberty members, having professional insight can be very helpful when you are working to be a responsible steward of your healthcare. These

pharmacists are able to assist you in identifying more cost-effective options for your prescriptions to fit both your budget and health needs.

The HealthShareRx team of highly educated and trained pharmacists are committed to bringing you the most cost-effective prescription drugs in the industry, while adhering to the latest pharmacology standards.

With extensive experience, the HealthShareRx team is able to provide the highest level of care to our members when they need it most. Through Pharmacy Coaching, you can receive free education on potential medication options to help you save additional money, when the opportunity is available. The knowledgeable pharmacy coaches will consult with both you and your doctor to inform you of the best alternatives and help you to make the most fitting decision for your personal and financial situation.

By using programs such as those available through HealthShareRx, you can budget for your healthcare cost better, while also protecting the SharePower of our healthsharing ministry. To learn more about how you can start benefitting from pharmacy coaching [visit HealthShareRx's webpage.](#)

Employee Spotlight: Kathleen J

June 18th, 2020

For our June employee spotlight, we would like to introduce you to Kathleen. Kathleen is part of our Member Services team, where he serves as a Backup Team Lead. In her role, Kathleen serves our members by answering their questions and she assists Liberty managers.

Kathleen worked at Liberty HealthShare for a year and moved to Charlotte. She came back to Ohio and began working at Liberty again 4 months ago.

Kathleen is happy to be able to share about herself with members and others, so we had a chat with her to help you get to know her.



What motivates you to wake up and go to work?

When you have a job that you love and co-workers that you enjoy working with, it's like second nature to you.

What made you want to work at Liberty HealthShare?

The biggest reason I came to LHS is because it's a Christian ministry, and what better way to work -- alongside fellow Christians.

If you had a life mission, what would it be?

To live a life of seeking God: honesty, integrity, love and to never lose sight of what's important.

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

The best part of being part of a team of LHS, is that you can always learn something from everyone's different perspectives on situations, projects, etc.

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

Rewarding, Supportive, Nurturing

What's your favorite scripture or quote?

Matthew 25:31-46 (The Sheep and the Goats)

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

I help people to the best of my abilities. If a colleague needs assistance, I am there to help. If a neighbor is hungry, I feed them or give them food. I do whatever is necessary to help my fellow man!

What is your most memorable moment with your LHS family?

Our potlucks. They show a family coming together and enjoying one another.

What are your favorite hobbies? Favorite food?

I love music and my favorite food is lasagna

What is your favorite TV show or movie?

I'm a Sci-fi fanatic. My favorite show is Star Trek.

Who makes up your family?

I have 3 daughters, 1 son and 8 grandchildren.

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

Outside of work, I enjoy relaxing and gardening. I'm passionate about nature and getting back to the basics in life: no tech, no videos and playing games that don't require a TV screen or game console.

Where is your dream vacation?

My dream vacation would be the country side of Ireland.

What do you want people to know about LHS?

I want people to know that Liberty HealthShare members are simply doing what is commanded from them of their Lord (as Christians) and they are truly doing it out of love.

Luke 6:31 (Do unto others as you would want done to you.)

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

I have never come across an employer who has been as good as Liberty HealthShare. I am proud to be an employee of LHS.

iShare: Helping Others in Challenging Times

iShare



Sharing Others' Burdens

As COVID-19 continues to impact communities around our nation, many people are left feeling the aftermath of the loss that comes in the face of job layoffs and unexpected financial hardship. This includes some of our own Liberty HealthShare members who are facing daunting uncertainty and recovery as they consider how best to move forward.

As members of a Christian community, we are called to serve others, especially in times of crisis and need. With giving hearts we can help encourage, lift and carry the needs and burdens of those who have been impacted the most.

Liberty HealthShare has heard from our members who are experiencing this, and they are not only dealing with the uncertainty and loss of this shared crisis. We're working with affected members on a case-by-case basis, however, you can help all of our members by supporting the iShare program and contributing extra funds to boost this temporary loss of community SharePower.

As a healthsharing ministry, Liberty HealthShare simply facilitates the sharing of our members' eligible expenses, and it is our members who financially support each other in times of medical need. Our SharePower is dependent solely on our member's voluntary contributions. The impact of loss on our sharing members is real for our community, but it's also an opportunity for those who can help to assist others during this time through our donation-based initiative, iShare.

How can you help through iShare? Through the iShare program, you have the opportunity to donate to those who are experiencing financial hardship. You can serve, give and encourage people who have lost confidence during these uncertain times. We created iShare as a purposeful way we can join together in our mission to care for others in their time of need.

While members can give more than their regular share amounts through iShare, you don't have to be a member to give. You can give and you can feel good knowing that your contribution is helping others during a critical time in history.

Regardless of the amount of your contribution, because of the sheer size of this community, our combined resources can and will be a source of tangible comfort for our affected members.

Are you ready to give? It's easy - just click on the button below, which will take you to our iShare campaign donation page, and follow the instructions there. That's it!

Thank you for your generosity. This is why we exist – to share the burdens of others by acting as the faithful community God has called us to be.

iShare now (<https://charity.gofundme.com/o/en/donate-widget/9649>)

Finish Strong!

June 18th, 2020

Most of us have heard the phrase, finish strong. Often it is easier said than done. I don't think this phrase should just be ascribed to retirement or the end of our lives. I really believe we can incorporate it into all our days. We can also apply it to raising our children, finishing projects, and a host of other real life scenarios.



There are times when we start things that seem harder to finish the longer we go. As time goes along, we can be tempted to check out or give up when the grind becomes tough. We might be tempted to quit early and take the credit for a great beginning instead of staying patient and pushing through to the finish.

Keep fighting and moving forward. Don't give up without a fight. Allow God to be God and work through you and in you. Even if you fail, don't quit. With God all things are possible.

And when you are done, you can say:

I have fought the good fight, I have finished the race, and I have remained faithful. 2 Timothy 4:7 NLT

Pastor Wes Humble, Executive Director of Ministry and Community Relations

May Liberty HealthShare HealthTrac Graduates

June 18th, 2020



Vaughan Lillian
Copeland Michael
Labrie Deborah
Carswell Janet
Simmons Bonnie
Wells Jason
Furrer Julie
Johnson Karen
Hanson Kyle
Vaccaro Jan
Gaskill Gary