

Liberty HealthShare July 2020 Newsletter



LIBERTY MEMBER AND LIBERTY TELEHEALTH PROVIDER, DR. CHRIS NUSSBAUM

A longtime Liberty HealthShare member, Dr. Nussbaum was excited to make an impact and join Liberty TeleHealth as a provider...

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TIPS FOR NEW HEALTHSHARING MEMBERS

From getting started using your ShareBox to being involved in our faith-centered ministry, there is so much to explore as a new member. These tips will help...

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STEWARDSHIP OF MEDICAL COSTS AND PRICING ANALYSIS PROTECTS OUR SHARING COMMUNITY

Asking for a self-pay discount, along with our price analysis, helps to ensure that we are stewarding our resources well as a community...

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Your AUA is your Annual Unshared Amount and the amount you are responsible for before sharing begins.

IT'S IMPORTANT YOU UNDERSTAND YOUR AUA

Healthsharing is a unique way to save on medical costs, and understanding how it works is one of the ways your community helps you save on medical costs...

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LHS SPOTLIGHT: MEET JOLENE

We would like to introduce you to Jolene, who serves in our lobby at our Operations Office. Jolene says that the compassion and support that employees show for one another is one of her favorite...

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SIGN UP REMINDER

Have you heard? It's time to sign up for Liberty TeleHealth! It's our new virtual option to simplify your life and help you receive care from the comfort of home, while saving you money...

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

SHAREPOWER RECEIVED
\$25,851,431

MEDICAL EXPENSES RECEIVED
\$28,783,698

MEDICAL EXPENSES SHARED
\$25,984,257

**I'M SO
HAPPY TO HAVE
REACHED MY GOAL.
ALL OF MY
COACHES HAVE
BEEN GREAT!**

- HealthTrac Member

Watch for an important update from LHS regarding member share amounts.

 **Healthcare Bluebook.**

A fair price is the reasonable amount you should pay for a medical service.



 **HealthShareRx**
PHARMACY SAVINGS FOR LIKE-MINDED MEMBERS

Pharmacy savings for like-minded healthsharing members.





WHY YOU NEED THE HIDDEN WORD OF GOD

The word hidden in our hearts becomes a powerful ally in our efforts to obey the commands of God...

[**READ NOW**](#)



CONGRATULATIONS HEALTHTRAC MEMBERS

All of these members have met their health goals and have successfully completed our HealthTrac program...

[**READ NOW**](#)



NOW AVAILABLE

Liberty TeleHealth

SEE A DOCTOR FROM THE
COMFORT OF HOME.

Liberty
TeleHealth



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
4845 Fulton Dr. NW, Canton, OH 44718
855-585-4237



Liberty Member and Doctor Excited About TeleHealth

July 15th, 2020

Last month, we launched our Liberty TeleHealth program to help our members save time and money, and stay safe.



We have received a lot of positive feedback about the TeleHealth program! One person in particular is both a Liberty HealthShare member and a Liberty TeleHealth provider, Dr. Chris Nussbaum.

Dr. Nussbaum is the highly-respected founder and medical director at Insight Life Care in Brandon, Fla., a Tampa suburb. At Insight Life Care, Dr. Nussbaum utilizes his 32 years of experience to give highly-attentive service in a primary care concierge-style boutique practice, for a membership fee.

“I think patients deserve the very best you can give them,” Dr. Nussbaum said. “I think the Hippocratic Oath of ethics taken by physicians means something. There’s a commitment and something altruistic there that all physicians and healthcare providers should ascribe to. I’m pretty much a stickler to make sure that I advocate for my patients in the most powerful way.”

“The only program we are affiliated with is Liberty HealthShare. We believe in the message of a ministry-based plan. We really like that it’s nondenominational. And we think it gives tremendous care for great value.”

Being a member since the late 1990s, Dr. Nussbaum was excited to join Liberty TeleHealth as a provider.

“When I went looking for opportunities to look out for other people, I encountered an opportunity with Liberty. Nothing could be more perfect,” he said. “I’m already engaged with Liberty and believe in the message, so I said sign me up!”

Dr. Nussbaum said his experience has been very good, and patient satisfaction has also been really positive. “I would like to be the busiest Liberty TeleHealth doc you’ve got. I love doing it. It’s really very useful. I can make good impact. It’s quick.”

Liberty TeleHealth is just one of the many programs offered to Liberty HealthShare members, including HealthShareRx, SavNet, and access to Healthcare Bluebook. Members can find more information about Liberty TeleHealth at libertyhealthshare.org/telehealth or enroll at telehealth.libertyhealthshare.org.

“Everything just keeps getting better, and that’s a rare thing to see in healthcare,” Dr. Nussbaum said. “I see constant expansion of services into pharmacy and medical equipment. The notification center (Member Services) has become more responsive.

“I’m really a champion for the system and really do believe in it and think what Liberty is doing is really good. I’m very pro-Liberty.”

If you haven’t taken advantage of Liberty TeleHealth, we encourage you to sign up to start receiving quality care, virtually! It’s free to enroll for all Liberty HealthShare members.

Tips for New HealthSharing Members

July 15th, 2020

Becoming a member of the Liberty HealthShare community is an exciting new journey! From getting started using your ShareBox, trying our innovative cost-savings programs to being involved in our faith-centered ministry, there is so much to explore as a new member.



In this article, we offer a few tips to help our new healthsharing members get started and be involved in their healthsharing membership.

Learn Our Language and Get Familiar with Our Sharing Guidelines

You will often see terms like SharePower, Eligible for Sharing, Annual Unshared Amount, and other unique phrases used in Liberty's communications to our members. You may wonder why we use these words and why our language is different.

To answer that, Liberty uses terms specific to healthsharing and our organization because we are non-profit ministry – with an emphasis on ministry. We use our language as a constant reminder to our community that we are not insurance and we are a part of something unique and special.

Learning our language will help you to better understand our Sharing Guidelines, which you should be referencing frequently – especially before receiving medical treatment. Our Sharing Guidelines are used to direct our members' shared contributions to pay for one another's eligible medical expenses.

As a community, we believe it is our spiritual and ethical responsibility to care for our bodies and maintain our health. It is also our ethical responsibility to be good stewards of our community's shared resources. Therefore, we do not share into any expenses resulting from behaviors associated with unhealthy choices or procedures that are not in alignment with our shared beliefs.

You should always make sure to reference the Sharing Guidelines before seeking services so you can eliminate the chance for surprises and ensure your treatment will be eligible for sharing.

Use Your ShareBox and Confirm You Can Receive Our Communications

Your ShareBox is your main resource for using your healthsharing membership. From your ShareBox, you can see your current Annual Unshared Amount, submit expenses, access our cost savings programs, download important documents, request prayer for yourself or your family, and more.

Get started by visiting our website to login into your [ShareBox](#) with your email and password you set up at the beginning of your enrollment. ShareBox is where you can explore all there is to offer. You should become familiar with each section in ShareBox so you feel comfortable using this tool.

Although all the information and account updates you need will be available for you in your ShareBox, you can also receive communications via email. To get our communications in your email inbox, you must make sure to mark Liberty HealthShare as a safe sender in your email account. You can do this by following these [instructions](#).

Use Cost-Saving Programs and Ask for a Self-Pay Discount

Be proactive in communicating with your provider. Before receiving care, first show your Liberty ID card to your provider and explain your membership with Liberty HealthShare. Your Liberty ID card was emailed to you at the time of enrollment. If you need a replacement card, you can request one in your ShareBox within the Membership tab under the Program heading. In the healthcare industry, healthsharing members are considered self-pay patients. Since you are a self-pay patient, you should always ask for self-pay discounts.

Remember to keep in mind that our community has finite resources, regardless of how many members we have. As a community, we agree to be good stewards of our shared resources, and when you request discounts, you help to keep our SharePower healthy and strong. Our SharePower is the sum of total contributions given by our community to share into each other's needs

You can also reduce costs by using our innovative cost-savings programs. Liberty offers you resources to price shop for quality care with Healthcare Bluebook, discounts and pharmacy counseling on prescriptions with HealthShareRx and virtual healthcare with Liberty TeleHealth, all of which can be found in your ShareBox.

Strengthen Your Faith with Our Ministry

Here at Liberty HealthShare, we do our best to honor Christ in all we do. As a healthsharing ministry, we care for our members deeply and our ministry team, led by Pastor Wes Humble, are here to support you in your journey and faith.

You can use the PrayerBox feature in your ShareBox to leave prayer requests that only you and your community will see! Our ministry team makes sure you are prayed for by name and request, but you can do the same for your fellow members by leaving prayer or encouragement on their requests.

You can also anticipate reading Wes' writings in our monthly newsletter to give you encouragement, support and perspective on the love of Jesus Christ. Wes also hosts occasional prayer sessions live on our Liberty HealthShare Facebook page, where you receive the word of God and interact with other members.

When you join Liberty HealthShare, you become a part of a very special and powerful community. Whether you are a seasoned member of Liberty or new to us, we are grateful that you are a part of our national community of valued healthsharing members. For questions on your Liberty membership, you can give us a call at (855) 585-4237 and a member of our team will be happy to help you.

Good Stewardship of Medical Costs Protects HealthSharing Members

July 15th, 2020

Engaging and communicating openly with providers is a personal responsibility for each member of our healthsharing community. Upon joining Liberty HealthShare, our members agree to be good stewards of their health and medical expenses, as it's important to be an active participant in your healthcare to help to reduce medical costs for you and our community.



Liberty offers many resources to support you in lowering your medical expenses, and by doing your part, you can contribute to protecting our community SharePower. At Liberty, we use the term SharePower to define the sum of total contributions given by our community to share into each other's needs. It is important to remember that membership to Liberty is entirely voluntary and our members have limited resources. To make sure our resources are available to help the most people, all members must commit to being good stewards of the shared amounts contributed by other members.

While our members practice good habits like price shopping for quality care with [Healthcare Bluebook](#) and using [Liberty TeleHealth](#) to receive cost-efficient care for common illnesses, Liberty works alongside our members to protect the community's SharePower. We do this by facilitating the sharing of members' contributions to fair, reasonable expenses that are in accordance with our [Sharing Guidelines](#).

Cost Transparency

Currently, in the healthcare industry, cost transparency can be limited and confusing for patients. We work to overcome this by ensuring that you receive a fair price for yourself and our healthsharing community.

Before receiving care, we ask that our members first show their Liberty ID card, explain their membership with Liberty HealthShare and ask if their provider is willing to work with Liberty. If you need a replacement ID card, you can request one in your ShareBox within the Membership tab under the Program heading.

If your provider is not willing to work directly with Liberty, you should identify yourself as a self-pay patient and ask for a self-pay discount prior to receiving any services. Healthsharing members are considered self-pay patients in the healthcare industry and should always ask for self-pay discounts.

Price Analysis for Reasonable Pricing

If you do not ask for a discount prior to being treated, your provider may bill you or Liberty for the full price. When this occurs, Liberty will reach out to your provider to initiate a price analysis process. In this instance, Liberty will begin to review your cost of services for fair and reasonable pricing and negotiate your charges to a more reasonable price. This process may take additional time, which may affect the sharing timeline of your medical expenses. If your provider will not accept fair pricing for your medical bill, our healthsharing community may be asked to share more than a

reasonable amount for a service reducing our collective power to share.

Per our sharing guidelines, if you pay full price at the time of service, you may be responsible for unreasonable charges.

You can help to avoid being unfairly charged for services by actively communicating with your provider and facilities. When you open the line of communication about your status as a self-pay healthsharing member, you can help to set clearer expectations, lower costs and have an overall better healthcare experience.

We are all in this together because we believe in the power of our faithful healthsharing community! Let's continue to work together by being resourceful and supporting each other to be good stewards of our healthcare costs.

Helping You Understand Your AUA

July 15th, 2020

As a Liberty HealthShare member, it's important that you understand how healthsharing works. Healthsharing is a unique way to save on medical costs, and understanding how it works is one of the ways that will help you and your community save on medical costs.

One important area that you should be familiar with is your AUA, or Annual Unshared Amount. If you've never heard of this term before, that's okay! We're here to help you.

Your AUA is the amount of medical costs that you are responsible for before sharing can take place. It's the amount you pay before other members can share into your medical expenses.

Your AUA responsibility varies depending on the family size of your membership.

For instance, if you are the only person on your membership, your AUA is \$1,000. If you have two sharing members on your healthsharing membership, you are responsible for \$2,000 before sharing can take place on your eligible health expenses. If you have three or more members on your healthsharing membership, then you are responsible for \$2,250 before sharing begins.

Here's how your AUA works. You submit an expense to us through your ShareBox. The expense then goes through the steps of processing, and once processing is completed, you will see a summary and the EOS (Explanation of Sharing) related to your expense under the Medical section of ShareBox. In these areas, you will see the breakdown of the expense and the total that was applied to your AUA. Keep in mind that your submitted medical expense must be an eligible medical expense for it to be applied to your AUA.

Is the AUA a one-time shared amount? The AUA amount renews on the anniversary of your program's enrollment date. You can find your enrollment anniversary date inside the membership tab in your [ShareBox](#).

Some medical visits are not subject to the AUA. We know that some services are necessary to maintain the health and wellness of our members, and these expenses may be eligible for sharing through your sharing community even if your AUA has not yet been fulfilled. These type of visits are determined by our board of directors and found in our Sharing Guidelines. These services are not subject to the AUA and currently include:

Some medical visits are not subject to the AUA, including:

- Influenza vaccinations
- Screenings and wellness visits for ages 1 and up
- Wellness and vaccines for babies under 12 months old

As always, check your Sharing Guidelines. Our sharing guidelines reflect the needs of our sharing community and may change as we seek to remain wise financial stewards of our collective SharePower. Reviewing your Sharing Guidelines will help you to be aware of what services are eligible for sharing and not subject to your AUA.

Where do you find your AUA amount? It's simple. Your AUA amount is found inside your ShareBox on the Dashboard section. A circle represents your AUA amount. You can see the amount of medical expenses that have been paid by you or "met" by you and the "remaining" amount. Underneath the circle, you will also see the amount of each eligible expense that went to your AUA.



Once you've met your AUA. Once the amount of your AUA is met, you are now ready to experience the kindness of sharing and the power of being a part of a like-minded community!

Employee Spotlight: Jolene G.

July 15th, 2020

For our July employee spotlight, we would like to introduce you to Jolene. Jolene is our Front Desk Attendant and part of Liberty's Human Resources team at our Hills and Dales Operations Office. In her role, Jolene greets everyone who enters the office, and she gets to know our Liberty staff who serve our members. She's a warm, welcoming presence for employees and visitors alike.



Jolene started at Liberty HealthShare in November 2019. She lives with her husband of 15 years, Andy, and their cats Arlo and Chloe. One of her favorite things about working at LHS is the compassion and support shown for one another.

“I appreciate the incredible people I get to work with,” she said.

She is excited to share more about herself with members and others, so we had a chat with Jolene to help you get to know her.

What motivates you to wake up and go to work?

Having purpose and serving others in addition to supporting our home.

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

Compassionate, generous, dynamic.

Since you interact with so many of our employees daily, what is something you wish our members knew about the culture at LHS?

I find it amazing how each and every person that comes through the door every morning is battling their own struggles in life, yet they show up and devote their days toward helping others who are often going through some very trying times themselves. They do this with compassion and care, even through some very difficult calls. The saying, “you never know what someone else is going through, so be kind to everyone” plays out daily amongst this fantastic group of people!

What made you want to work at Liberty HealthShare?

It’s really difficult to find an employer who strives to operate in the moral and spiritual capacity that we are enabled to here at LHS. That was important to me.

What is your most memorable moment at LHS?

A really sweet co-worker, who is always thinking of others, knew I was trying my best to smile at the front desk through some difficult health challenges and brought me balloons one morning. It was a prime example of the family atmosphere many form here at LHS. I will never forget what she did!

What's your favorite scripture or quote?

Scripture: Isaiah 54:10, "For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the Lord, who has compassion on you.

No matter how great a trial I have faced, this has always been extremely comforting.

And as for a quote: The things you take for granted, someone else is praying for.

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

At work, my main goal is to ensure everyone feels welcome when they come to work. To encourage my co-workers. I do the best I can to provide a warm atmosphere and fulfill what is asked of me to ensure I am doing my part.

At home, I do my best to provide our income. I strive to care for our home and ensure that my husband, who has been chronically ill for 13 years, is comfortable, loved and cared for just as I know he would do for me.

Who inspires you, and why?

The person who inspires me was perhaps one of the most incredible women to have walked the earth. Queen Esther faced an impossible situation with grace, beauty, intelligence, faith and wisdom. Instead of letting the seeds of bitterness overtake her, she gained the favor of individuals her people feared and showed mercy despite the power she was given in the end. I can only hope to find the favor of God in my years as she found in hers.

What are your goals in life and at work?

Boy... life doesn't always turn out the way you plan. With personal challenges, many of my goals have been grieved and released, only to give way to searching for greater purpose in life aside from the "normal" milestones many are blessed to experience in life. This often painful journey has led me to a place where I have focused on being someone who never gives up, shows genuine love and care for others, serves where I can, and strives for growth with God even when His wishes for my life don't fit in with society's ideals. My goals at work are to remain positive, encouraging, helpful, open to growth always and that I fulfill my purpose here at LHS with a smile.

What are some of your favorites – favorite hobbies? Food? TV show or movie?

I'm heavily into music, both vocally and instrumentally. I love being creative with different artsy projects. I love kayaking, fishing, and most anything outdoors-like.

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

To be quite honest, our lives have not changed much. We often joke that people complain about not being able to go out with others, being stuck at home and all the emotional difficulties that accompanies this limited life style, but that is how our lives are while dealing with serious chronic health issues in our home. If anything it has been a chance to comfort and encourage others since we really do understand how they feel. We haven't started anything new really.

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

I enjoy being outside and water sport activities. I love going on bike rides! I am thankful for our back yard/flower garden which is my therapy. When given the chance, I enjoy being with the people I love and do my best to create as many positive memories as possible.

Where is your dream vacation?

My dream includes sandy beaches, clear clean water, beautiful sunsets, sunshine and a healthy husband beside me to share it with.

What else would you like to share about yourself or your work at LHS?

I'm not really sure there is anything else to add!

Jolene 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!

Liberty TeleHealth: A Convenient Option, Anytime

Life can be hectic. Working, kids' schedules, appointments, keeping up with family and other activities all can make it seem like you don't have time to add another thing to your schedule.

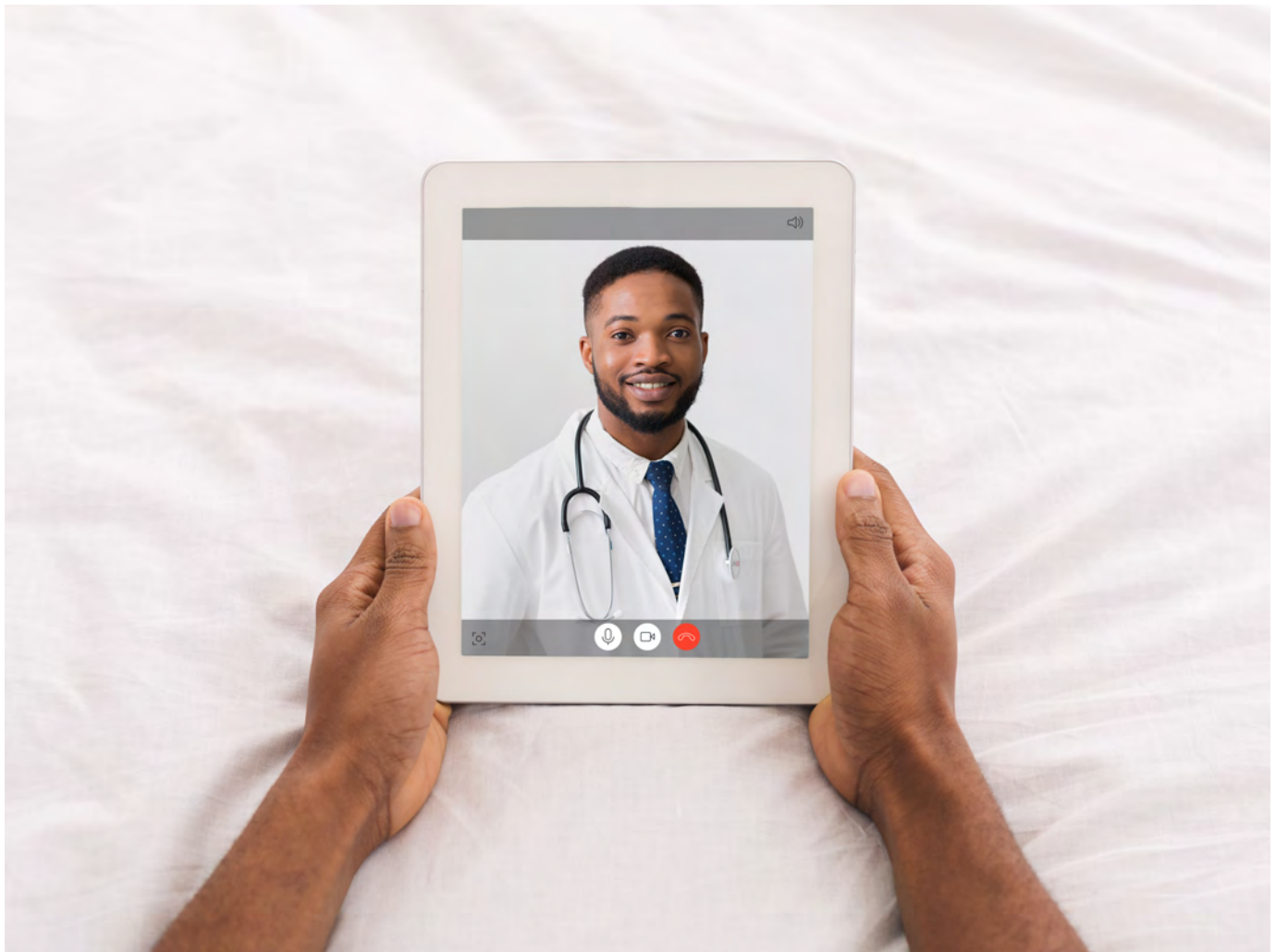
There's already enough on your plate, so when an unexpected medical need pops up in your family, the last thing you want to do is spend time (and extra money) in your doctor's office.



With the rapidly evolving situation around COVID-19, we want to continue providing easy access to trusted care. Liberty TeleHealth makes it possible to receive virtual care from highly skilled clinicians during this time of physical distancing. You can avoid unnecessary exposure that comes with sitting in a waiting room at your doctor's office and have your health concerns addressed from the comfort and safety of your home.

Liberty TeleHealth is here to help you save time and protect your wallet. Liberty HealthShare members can skip the waiting room entirely and speak to a doctor from your computer or mobile device. Have your medical needs addressed from home, work, or on the go.

With our mobile app, there is an option for you to see a physician, discuss your symptoms, and even get a prescription virtually!



A Great Option for Common Ailments

Some of the conditions commonly treated by medical professionals via telemedicine include:

- Cold or persistent cough
- Sore throat
- Rash, insect bites

- Nausea, vomiting, diarrhea, constipation
- Arthritic pain
- Conjunctivitis, pink eye, eye drainage
- Earache
- Indigestion
- Influenza, fever and chills
- COVID-19
- Headaches
- Minor cuts or burns
- Sinusitis
- Injuries: sprains, strains, swelling
- Urinary frequency or burning



See a doctor whenever, from wherever with virtual appointments.



These convenient visits are private and secure with our HIPAA compliant platform.



Easy to use and affordable to help you save time and protect your wallet.



Receive e-Prescriptions that can be sent directly to your local pharmacy.

By using your device's camera, you can talk face-to-face with a provider and even show them your complaint so they can properly diagnose and treat you. This means less time away from work, no more feeling rushed trying to make it to appointments, and no time spent sitting in your doctor's office.



Customizable Options for Your Convenience

Other features include the ability to search for licensed providers in your area, invite your own doctor, and 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's TeleHealth takes the hassle out of going to the doctor and managing your health.

As a Liberty HealthShare member, you are already eligible to enroll in our TeleHealth program! Your eligible visits*, until the Annual Unshared Amount (AUA) is met, will be \$40 for primary care and \$100 for specialty care. It's simple!

**Always check your Sharing Guidelines as they still apply!*

Getting Started With a Virtual Doctor Visit is Easy

To get started with Liberty TeleHealth on your computer, begin by visiting the online portal at telehealth.libertyhealthshare.org (<https://telehealth.libertyhealthshare.org/>) or download the mobile app.

As an active Liberty HealthShare member, you are automatically eligible to enroll into our TeleHealth program, but you will need to sign up, even if you were enrolled in our past TeleHealth program.

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.)

Safe and Secure

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. 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.

Support

You can find more information in your ShareBox, where how-to guides and FAQ document are available for your reference. For technical issues, members should contact teleheathsupport@libertyhealthshare.org (<mailto:teleheathsupport@libertyhealthshare.org>).

You can also view the [Web Portal guide \(/assets/public/getting-started-with-liberty-telehealth-web-portal.pdf\)](/assets/public/getting-started-with-liberty-telehealth-web-portal.pdf) and [Mobile App guide \(/assets/public/getting-started-with-liberty-telehealth-mobile-app_nal.pdf\)](/assets/public/getting-started-with-liberty-telehealth-mobile-app_nal.pdf), along with a list of [Frequently Asked Questions \(FAQ\) \(/assets/public/faq_telehealth_web.pdf\)](/assets/public/faq_telehealth_web.pdf).

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

Congrats to Those Who Completed HealthTrac in June!

July 15th, 2020



Congratulations to our members who have completed their HealthTrac journey this month! These members have taken steps to improve their health and well-being for themselves, their families, and the entire Liberty HealthShare community.

Working one-on-one with a personal HealthTrac coach, each member has followed a program to help them in one or more areas, including diabetes, smoking cessation, weight loss, hypertension, heart disease, or high cholesterol. These members have done the hard work over the long term to meet their goals.

Here's some of what this month's graduates had to say about the program and their coaches:

- "What a great program!"
- "Thank you for your positivity & motivation over the last few months!"
- "Really awesome having someone checking in on my progress and giving helpful links and ideas on how to improve my situation. I was able to come off my hypertension medicine. Thanks!"
- "I am so grateful for my health coach who helped me with my weight loss success. I feel so much better!"
- "HealthTrac was well worth the effort as it made me much more conscious of my personal health and ways I can change it for the better."
- "So happy to have reached my goal, all my coaches have been great! I will continue to be healthier, and eat well!"
- "Great experience."
- "Had a great coach that made all the difference in achieving my goals."
- "Liberty's health coaches are very professional and helpful!"

HealthTrac offers provisional membership and coaching to those who are motivated to make healthy lifestyle changes and want to be a part of a caring healthsharing community. One of the benefits of HealthTrac is working with a coach who offers personalized health plans, educational resources, encouragement and support, and collaborative goal-setting.

All of the members below have met their goals and have officially completed HealthTrac. But support does not end at the finish line! We understand that maintaining a positive lifestyle is key to creating and stewarding one of our most valuable resources, our health so our healthcare team checks in with members to provide ongoing support and resources.

Once again, congratulations to all members who completed HealthTrac this month!

Tamara Anderson

Brian Andrews

Angela Atherton

Mark Bauer

Jennifer Blanks

Andy Brown

Tracy Cardwell

Mike Coupe

John Damsell

Terry Delaney

Antonio Di Cristo

Jason Dooley

Richard Dunn

Susan Evans

Deborah Foutty

Robert Fowler

Donna Henning

Fay Jane

Leslie Johnson

Susan Leach

Alicia Magyar

Dan Mckenzie

Steven Mosley

Linda Newon

Lisa Oliveira

Carol Passey

Lori Patino

Emily Traughber

Jeremy Utley

Darlene Villarreal/Taylor

Denise Waldick

Je Waxel

Michael Weight

Pamela Witt

Peter Wolf

Michelle Worthington

Lenore Young

Why You Need the Hidden Word of God

July 16th, 2020

I have hidden your word in my heart that I might not sin against you. Ps. 119:11 (NIV)



Growing up in church, memorizing scripture was a part of my young life. Listening to hundreds of sermons, Sunday School lessons and other exposure to the scripture tended to put lots of it in my mind and heart.

The Psalmist hits on something here that we all should pay attention to as we walk through this life. There is something very powerful about the word of God. In fact, Jesus told His first disciples that the Holy Spirit would remind them of the things He had taught them. (John 14:26)

I have found this to be true many times when a verse of scripture I hadn't thought of in a long time comes back to my mind at just the right time. Of course this wouldn't happen at all if I hadn't first read it and hidden it in my heart. The word hidden in our hearts becomes a powerful ally in our efforts to obey the commands of God.

What scriptures can you begin to hide in your heart today? Open up your bible or bible app and make sure you are adding God's truth into your daily life. This world is absolutely no friend to following God's commands. It is a daily struggle to navigate temptations, self-centeredness, ungodly attitudes and even to love everyone as we've been commanded.

God's word delivers us, protects us and encourages us.

Hide the word in your heart today!

Dear God, Please don't let me wander from You, especially to follow my own desires when they conflict with Your will. Let Your word live in me and keep me from disobeying Your will. Amen

Pastor Wes Humble, Executive Director of Ministry and Community Relations

