



Our offices will be closed Thanksgiving Day, Thursday, Nov. 26 and closed Friday, Nov. 27 to allow our staff to celebrate and spend time with their families.

**We wish you and your family a blessed Thanksgiving!**



### **THE DIFFERENCE BETWEEN A MEMBERSHIP YEAR AND PROGRAM PERIOD**

A membership year and a program period are both related to your Liberty HealthShare membership. Here's what you need to know about their differences and where you can find them...

**[READ NOW](#)**



## THE PRENOTIFICATION PROCESS AT LIBERTY HEALTHSHARE

We talked with our Prenotification team and they told us how they help our sharing community and how they assist you in coordinating your healthcare...

[READ NOW](#)



## COVID-19 TESTING: COST-SAVING RESOURCES

Protecting the health of you and your family during this time is very important and if you or a family member needs testing, including COVID-19 testing, we are here to help offer you cost-saving resources...

[READ NOW](#)



## MAKE TODAY A BLESSING FOR SOMEONE

The month of November reminds us that it's in serving others that we are truly blessed. Here's how we can be intentional and serve others this holiday season...

[READ NOW](#)



## A HEALTHIER HOLIDAY: THANKSGIVING RECIPES

If your goal is to eat healthier and lose weight, you don't have to give up your favorite foods this Thanksgiving. These healthy recipe ideas can help you enjoy a healthier holiday...

[READ NOW](#)



### Meet Veronica

Veronica serves in our Quality Control department at Liberty HealthShare. She deeply cares for people and enjoys volunteering in her community.



## LHS SPOTLIGHT: MEET VERONICA

Meet Veronica, who serves in our Quality Control department. She enjoys serving our members and she serves her home community through ministry...

[READ NOW](#)



## A THANKSGIVING PRAYER

We are filled with thanksgiving and gratitude for our health, freedom and the gift of today, while our thoughts and prayers are with others...

[READ NOW](#)



With giving hearts we can lift the needs of those who have been impacted the most.



[www.libertyhealthshare.org/ishare](http://www.libertyhealthshare.org/ishare)

## ISHARE: CARING FOR THOSE WHO NEED IT MOST

Serve, give and encourage others who are in need during this critical time in history through our donation-based initiative, iShare...

[DONATE NOW](#)

## OCTOBER SHAREPOWER

a powerful way to give & share

### SHAREPOWER RECEIVED

**\$33,770,792**

### MEDICAL EXPENSES RECEIVED

**\$35,290,444**

### MEDICAL EXPENSES SHARED

**\$33,979,964**

The graphic features the Liberty TeleHealth logo at the top, with a heart shape around a smartphone icon. Below the logo, a woman is depicted sitting on a red couch, using a laptop that displays a heart icon. The background is a solid red color.

**Liberty  
TeleHealth**

Sign up today and begin using our mobile app to see a physician, discuss your symptoms, and even get a prescription virtually!

If you haven't signed up for Liberty TeleHealth, you will want to sign-up this month! Liberty TeleHealth is giving away a gift to the first 100 Liberty HealthShare members who enroll this month and 4 winners will receive an Amazon gift card!

**SIGN UP**



**VISIT NOW**  
**HealthShareRx**  
 Save big on your medications.

Sign up for HealthShareRx's free, trackable Home Delivery Service to have your prescriptions delivered directly to your front door!



**Healthcare Bluebook.**  
 Receive budget friendly, quality care.

Use the Fair Price™ feature to help you find reasonably priced providers and medical services in your area.



LIBERTY HEALTHSHARE

**Membership Cards**  
 ARE NOW LOCATED IN SHAREBOX

REQUEST A NEW CARD OR DOWNLOAD TO YOUR MOBILE DEVICE



**Reminder**

**Update these in ShareBox**

EMERGENCY CONTACT INFORMATION

AUTHORIZATION OF MEDICAL INFORMATION



SHARE YOUR PRAYER REQUESTS

**PRAYERBOX**

AND LEAVE ENCOURAGEMENT FOR OTHER MEMBERS



## SHARE YOUR PRAYER REQUESTS

Need prayer?  
 We have a caring community that prays for one another! You can leave a prayer request or a note of encouragement in your Prayerbox located in your ShareBox...

**VISIT NOW**



## CONGRATULATIONS HEALTHTRAC MEMBERS

Join us in congratulating these members! They have met their health goals and have successfully completed our HealthTrac program in October...

**READ NOW**

When Gil's 9-year old daughter needed surgery, his Liberty HealthShare community was there for his family and it changed everything. Gil believes that being a healthsharing member through Liberty HealthShare is the way of the future for people who are stewarding their health.

## CLICK TO WATCH



## 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



# Understanding Membership Years and Program Periods

November 12th, 2020



Some of our members have asked for clarification on their membership period and how it is affected by program changes.

**Your Membership Year** is the twelve-month period beginning on the date your Liberty HealthShare membership is activated. Within this timeframe, your Annual Unshared Amount (AUA), the amount that you are responsible for before sharing begins, accumulates. Your AUA renews on the anniversary of your membership activation date. Your anniversary date is also the date your yearly renewal fee is due.

In your ShareBox, under the “Membership” tab, you can view your Liberty HealthShare membership and program information. Under the “Program” tab you will see your next yearly renewal date. Under “Membership Years” you will see a list of every 12-month membership



period, the associated Start and End dates, as well as your yearly AUA information. Clicking on the “Current” membership year you will see “Program Periods.” Here you will also see the Start and End dates of all programs enrolled in for that timeframe.

**Each Program Period** is displayed in a separate column. Each column will reflect any program changes you have made, along with the start and end date of the corresponding program periods. This may be the same as your membership year if you have not made any changes to your program since you signed up as a Liberty HealthShare member. However, if you have switched to another program within your membership year, you will see additional program periods. Every member will have a separate column that displays a new program start date of Oct. 1, 2020, which reflects the monthly share increase. This monthly share increase did not change your selected program or AUA amounts.

By clicking on the ”View More Info” under each column, you will be able to see your program period, start and end date, program name and level, share per incident, AUA and monthly share amount.

**You can also request or print a copy of your membership card under the “Program” tab!**

At Liberty HealthShare it’s our goal to equip you with the tools and resources you need to understand your membership, so that you can steward your health and care for one another.

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# The Prenotification Process at Liberty HealthShare

November 12th, 2020



Prenotification is an important aspect of your Liberty HealthShare membership. To successfully navigate your healthcare needs it is important to know when and how to utilize the prenotification process. Our prenotification nursing staff is here to help you assess these areas: understanding our Sharing Guidelines, eligibility of upcoming needs, sharing limits and in some instances, pre-existing conditions.

Prenotification is especially important prior to receiving **diagnostic** testing. This may include MRIs, PET scans, diagnostic colonoscopies, endoscopies, diagnostic mammograms, surgeries, hospitalizations, pregnancies, oncology needs and more. We recommend referencing our [Sharing Guidelines](#) prior to receiving any scheduled service.

## **Prenotification in four easy steps:**

1. Before a healthcare need arises, read and become familiar with our Sharing Guidelines. This will help you gain a clear understanding of what expenses are considered eligible or ineligible for sharing within our community.
2. If our Sharing Guidelines show that your medical service requires prenotification, download the [Electronic Prenotification](https://libertyhealthshare.org/assets/public/prenotification_request_form_fillable.pdf) (https://libertyhealthshare.org/assets/public/prenotification\_request\_form\_fillable.pdf) form. You or your provider will need to complete and submit the form. For urgent requests, please contact the Prenotification Department.
3. Once your prenotification request is received and reviewed, the prenotification team may request additional clinical documentation to determine eligibility (such as onset of signs and symptoms or pre-existing conditions). If this information is required a nurse specialist will reach out to you promptly.
4. Once a nurse specialist receives the requested documentation, Liberty HealthShare will follow up with you within 7-10 business days with a prenotification determination.

## **Two ways a member or provider can submit a Prenotification request:**

### **Electronic Prenotification:**

The [electronic prenotification form](#) can be accessed by any member or provider at libertyhealthshare.org under the [Documents](#) tab. Members may also find this form in their ShareBox. This form allows for quick and efficient processing of member requests.

- Complete the prenotification request form.
- Fax or email the request form to the prenotification department.
- You will receive confirmation of receipt within 24 hours.

### **For urgent requests:**

Please contact the **Prenotification Department at 855-585-4237, option 4** to speak directly with a nurse specialist who will assist you in managing your medical needs promptly.

In addition to contacting the prenotification department prior to receiving services, it is important to research and compare related services to receive quality care at a fair price. Researching local physicians and facilities through [Healthcare Bluebook](#) will help you gain valuable insights as a self-pay patient. You can also access Healthcare Bluebook within your ShareBox.

If you have questions, please call the Prenotification department and one of our nurses will be happy to assist you. It is our privilege to help you navigate healthcare in ways that honor our commitment to wise stewardship and mutual support.

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# COVID-19 Testing and Cost-Saving Resources

November 12th, 2020



Protecting the health of you and your family during this time is very important and your Liberty HealthShare community is here to support you when someone in your household is in need. This is why when you or loved one needs testing, including COVID-19 testing, we are here to offer you cost-saving resources and support.

## COVID-19 Testing is Eligible for Sharing

If you or someone included on your Liberty HealthShare membership are experiencing symptoms related to COVID-19 or think you have been exposed to COVID-19, please contact your healthcare provider.

Eligible medical expenses related to the testing and treatment of COVID-19 including testing, labs, emergency room, hospital, etc. can be shared according to our guidelines and your program level and are subject to your Annual Unshared Amount (AUA).

Asymptomatic COVID-19 testing may be eligible for sharing for pre-procedure/pre-surgery testing as indicated or required by a healthcare provider and is subject to the AUA. Antibody testing for SARS-CoV-2 is not eligible for sharing.

## Use Cost-Savings Research to Find Reasonably Priced Testing

Many COVID-19 tests are available at no or low-cost health centers and pharmacies nationwide. The Families First Coronavirus Response Act ensures that COVID-19 testing is provided for Americans, including self-pay patients.

When seeking testing, you should first contact your healthcare provider or your state or local public health department for further information on community-based testing sites. The [U.S. Department of Health & Human Services](#) offers a link to [find a health center near you](#) for available COVID-19 screening and testing.

Finding a reasonably priced testing option is beneficial to you and it is an important way to be a responsible healthsharing member for your community. Our members rely on the community's collective SharePower to share into each other's needs, so it's important to remember that our members have limited resources.

Source: <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html#:~:text=The%20Families%20First%20Coronavirus%20Response,health%20department%20for%20more%20information>

# Make Today a Blessing for Someone

November 12th, 2020



If Jesus taught anything repeatedly, it was to serve others. Shortly before His death, Jesus went into an intense teaching mode with the disciples. It was like a cram session to make sure His followers understood the things that were important when they launched the church a few months later.

In John 13, Jesus knew that His hour had come to die and in this last Passover dinner with the disciples, He did the unthinkable. It was not unusual to have a hired servant wash the dirty sandaled feet of the guests. It was a sign of hospitality.

What Jesus was about to do next, nobody saw coming. He took off his outer garments and wrapped a towel around His waist. Then He knelt down in front of the disciples and washed 12 pairs of dust covered, dirty feet. It was an amazing act of selfless service.

**Jesus taught us these things about serving others:**

- We are called to serve others, rather than ourselves
- We are called to the position of humbleness
- We honor God when we serve others with kindness
- Jesus is our example of the way we should live and care for others

God has always used people with willing and loving hearts to serve others.

This holiday season, be intentional. Be proactive. Honor God's love in your life by finding ways to love and serve others.

**Here are practical ways that you can serve others:**

- Check on a neighbor
- Offer to go to the store for an elderly friend
- Call your local foodbank and provide needed items
- Send a card of encouragement to someone in need
- Ask your server how you can pray for them
- Take dinner to a family in need
- Take a walk and say hi to your neighbors
- Call a family member or friend going through a difficult time
- Listen to someone share their story
- Bless others with a gift or skill you have
- Donate to a ministry (<https://libertyhealthshare.org/ishare>) above your usual donation

Cultivate a servant's heart and make today a blessing for someone around you!

*Pastor Wes Humble, Executive Director of Ministry and Community Relations*





## A Healthier Holiday: Thanksgiving Recipes

November 12th, 2020



Staying committed and focused on your health goals during the holiday season can seem impossible, especially if your goal is to eat healthier and lose weight.

The good news is that you don't have to give up your favorite foods this holiday. Whether it is mashed potatoes, stuffing and gravy, or more, there are healthy alternatives that you can incorporate into your meal plan, so that you can enjoy your holiday dinner without the guilt.

Here are a few healthy recipe ideas and tips to help you enjoy a healthier holiday.

### Herb Roasted Turkey Breast:

It's no secret that turkey is a staple meal for Thanksgiving dinner. Luckily, turkey is a lean meat, so it's a good meat option if you are counting calories and fat. This herb-roasted turkey breast recipe from the Food Network is a deliciously healthy alternative to cooking a whole turkey this holiday. <https://www.foodnetwork.com/recipes/ina-garten/herb-roasted-turkey-breast-recipe-1943552>

### **Cauliflower Mashed Potatoes:**

Mashed potatoes are a family favorite at almost any holiday dinner. While they can be a tasty tradition, they are also full of carbohydrates. Instead of traditional mashed potatoes, try cauliflower mashed potatoes this year as a low carb substitute.

<https://ifoodreal.com/cauliflower-mashed-potatoes/>

### **Classic Herb Stuffing:**

If stuffing is a tradition at your holiday meal, you can have your stuffing and eat healthy too. Adding veggies to your holiday stuffing can add nutrients to your dish. This roasted root stuffing recipe has a vegan option and may become a new holiday staple at your house.

<https://www.freshfitkitchen.com/roasted-root-vegetable-stuffing/>

### **Healthy Pumpkin Pie:**

Yes, you can still enjoy holiday dessert if you know how to make healthy recipe substitutions and exchanges. Making a healthier pumpkin pie can be as simple as swapping pumpkin pie filling for canned pumpkin puree. This healthy pumpkin pie recipe is low sugar and made from scratch.

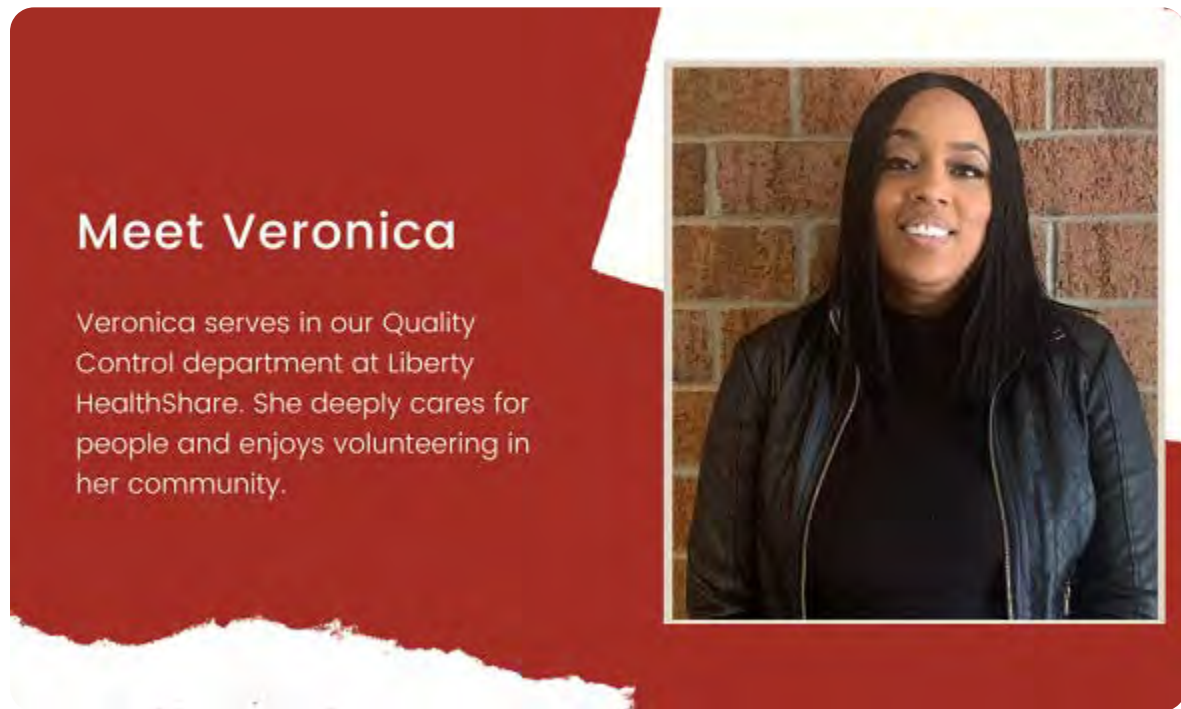
<https://ifoodreal.com/healthy-pumpkin-pie/>

Enjoy the holidays, maintain your focus and savor the moments with those you love.

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# Employee Spotlight: Meet Veronica

November 12th, 2020



## Meet Veronica

Veronica serves in our Quality Control department at Liberty HealthShare. She deeply cares for people and enjoys volunteering in her community.



November is a month often marked by thoughts of servitude and thankfulness, especially as we prepare to celebrate Thanksgiving. Here at Liberty HealthShare, our employees seek to generously serve our members and support them in their healthsharing journey.

Outside of upholding their responsibilities to our members, many of our employees are also called to serve their communities through volunteer efforts.

For this month's employee spotlight, we would like to introduce you to Veronica W. She has been with Liberty HealthShare for more than four years, and she serves our members in our Quality Control department, where she helps ensure that our members receive positive experiences.

She wants our members to know that she truly loves people and enjoys serving them.

We hope you enjoy learning more about Veronica and feel inspired after reading about her volunteer experiences as she serves her home community through ministry.

**What is your role at Liberty HealthShare? What do you do in that role?**

I am a Senior Quality Control Analyst and I work with a team that monitors our interactions with members for quality assurance purposes.

**How long have you worked here?**

I have worked with Liberty HealthShare for 4 ½ yrs.

**What is your favorite thing about being a part of the Liberty HealthShare team?**

My favorite part is working with great leadership and a great team.

**What phrase would use to describe Liberty HealthShare?**

I would describe Liberty HealthShare as Christ-like with family values.

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

It's a very diverse environment and we teach everyone to strive and provide a great member experience from all aspects and departments.

**What made you want to work at Liberty HealthShare?**

The values and concept of helping our brothers and sisters in Christ in times need, and I liked coming together to meet the needs of each other by giving.

**What is your most memorable moment at Liberty HealthShare?**

Our first two employee Summits – The first was at a church and we watched a clip of a powerful man of God bringing forth the word. I was able to praise God freely and that felt good. I will never forget that moment.

**What's your favorite scripture or quote?**

My favorite scripture is from Philippians 4:13, *I can do all things through Christ who strengthens me.*

My favorite quote is *“Be the change you wish to see the in the world today!”*



### **How do you serve others in ministry outside of work?**

I serve others at my church through the Salt & Light ministry, where our ministry participates in many community outreach initiatives.

We serve hot meals, visit nursing homes with care packages, help feed homeless individuals and families during the holidays, and host bible studies to attract the youth and bring awareness to our church and mission.

### **What is your most memorable experience as a volunteer?**

I was able to help serve an entire family that was homeless. I got to hear their stories and learn more about their background.

### **What is the biggest lesson you've learned from volunteering?**

To be thankful and grateful for the little things, and trust God.

### **Who inspires you, and why?**

My grandma, my aunt and my mom, as well as my Pastor's wife, Lady Rose.

My grandmother inspires me for strength, encouragement, wisdom, my aunt is a pastor, so she keeps me straight and encourages me to think big and stand out. My mother always said *to be the best you can be that's all you can do*.

Lady Rose inspires me to push, and stay in the word – and never give up, as God has something greater.

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

My goals are to be happy and successful. While working with Liberty HealthShare I would like to continue to grow and become a manager. My other life goal would be to have my own culinary business.

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

I enjoy cooking, make-up, entertaining, traveling and seafood. There are many TV shows that I enjoy watching as well.

### **Who makes up your family?**

My mom, she's the rock of the family and the glue that holds everything together. I also have a

son who will be 21 years old this November, which is crazy to me!

**What else would you like to share about yourself, Liberty HealthShare or your volunteer work?**

The only thing left that I would like to share about myself is that I love people.

Veronica is one of the many employees here at Liberty HealthShare that care deeply about serving our members. Make sure to check back next month to get to know another member of our team!

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# A Thanksgiving Prayer

November 12th, 2020



## Thanksgiving Prayer

Dear Heavenly Father:

We thank you for an abundance of food, yet we remember the hungry.

We thank you for health, yet we remember the sick.

We thank you for friends, yet we remember the friendless.

We thank you for freedom, yet we remember the persecuted.

We thank you for today, yet we remember loved ones no longer with us.

May these prayers of thanksgiving stir us to serve others, by using the time and the gifts that have been given to us.

*Adapted by Ann Landers (Dear Abby)*

*Pastor Wes Humble, Executive Director of Ministry and Community Relations*





# Congrats to Those Who Completed HealthTrac in October

November 12th, 2020



Congratulations to our members who have completed their HealthTrac journey in the month of October! 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 October's graduates had to say about the program and their coaches:

- "Do it for you and the ones you love!"
- "Thanks to my health coach Chelsea!"
- "Great News that I successfully achieved my health goals!"
- "My thanks to (health coach) Joan Tompkins for her encouragement."
- "Thanks Amber for all your help."
- "Thanks for your help along the way!"
- "I dropped 30 lbs. and I'm feel great and playing pickleball all the time now. Thanks Liberty HealthShare for helping!"
- "It was great to learn in this program. I am thankful for my dietitians!"

HealthTrac offers provisional membership and coaching to those who are motivated to make healthy lifestyle changes and want 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.

Lehman Leonard

Zakay Zoe

Lott Joyce

Titmus Randy

Fondaw Lynn

Bennett Chris

Klinger Damon

Hanus-Caruso Kathy

Reichert Christine

Holland Beverly

Courtney Garth
Hainen Gene
Ulicny Gina
Failoni Kerry
Hines Maricel
Jaroszewski Barry
Callahan Lydia
Hendren Laura
Nicklas Kevin
Lawrence Amy
Wolter Karen
Angarola Vince
Elberg Karen
Hall Bradley
Peterson Kerstin
Hylleberg Shane
Paduano Cheryl
Zakay Zoe
Otterbacher Tim
Green Vickie
Long Randy

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