

*****NEWS RELEASE*****

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Citizens' Council for Health Freedom Launches National "Refuse to Enroll" Campaign

*As Obamacare Threatens Individual Choices, Privacy, and
our Pocketbooks CCHF Unveils Plan to Stop Implementation*

ST. PAUL, Minn.— As Obamacare prepares to officially kick off on October 1, 2013, *Citizens' Council for Health Freedom (CCHF, www.cchffreeedom.org)* launches the national "Refuse to Enroll" campaign with a **flier** detailing steps Americans can take to stop its implementation.

"While the law remains unpopular with the majority of Americans opposing it, it also limits individual choices, threatens our privacy and increases the cost of health insurance for already struggling Americans," says Twila Brase, president and co-founder of CCHF. "Now we have identified six simple action steps to stop implementation of Obamacare. We encourage Americans to get involved and make sure that the Exchanges fail and, as a result Obamacare also fails."

Brase identifies 4 reasons for people to refuse to enroll in the state Exchanges:

- **Not private insurance:** applications for exchange coverage are made to the federal government under penalty of perjury for government-controlled plans or what CCHF calls "Medicaid for the middle class."
- **Lack of privacy.** Exchange data on individuals, employers, navigators and others is accessible by the IRS.
- **Limited choice.** In many cases the coverage will be severely limited to "narrow network" policies.
- **High cost premiums.** Expensive Exchange operations, massive government operating costs, lack of competition and the demographics of the Exchange participants will dramatically increase premiums.

“Contrary to popular belief, non-enrollment in Exchanges does not result in any penalties. Fines are only for failure to be insured,” Brase said. “For all of the people who oppose Obamacare, they are now equipped with specific action items to make sure that it will not be implemented.”

CCHF has previously issued **[“National Patient ID,”](#)**

(http://www.cchfreedom.org/pdf/Final_UPI_Report-Use%281%29.pdf) a report on the ongoing attempts by government officials and corporate executives to create a unique national tracking number to link and access an individual’s entire lifetime of medical records without the individual’s consent and despite a long-standing statutory prohibition from Congress.

In addition, **CCHF** offers a list of the **[“Top Ten Terribles of Health Insurance Exchanges,”](#)**

(<http://www.cchfreedom.org/files/files/Top%2010%20Terribles.pdf>) which include higher costs, privacy intrusions, more red tape, and poor care and coverage. The full list is available on the **CCHF** web site at [Ten Terribles](#).

Twila Brase, a public health nurse and health freedom advocate, has been called one of the “100 Most Powerful People in Health Care” and one of “Minnesota’s 100 Most Influential Health Care Leaders.” She shares health care-related news and commentary with the American public in her daily, 60-second radio feature, Health Freedom Minute. The Minute airs on nearly 350 stations daily, including the entire American Family Radio Network, with more than 150 stations nationwide, in addition to Bott Radio Network with over 80 stations nationwide. During the daily features, listeners can learn more about the agenda behind proposed health care initiatives, the ramifications of proposed policies and actions that can be taken to protect their health care choices, rights and privacy. **Health Freedom Minute** is sponsored by the **Citizens’ Council for Health Freedom**, a patient-centered national health freedom organization based in St. Paul, Minn. CCHF supports patient and doctor freedom, medical innovation and the right of citizens to a confidential patient-doctor relationship.

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For more information or to interview Twila Brase, president and co-founder of Citizens’ Council for Health Freedom, contact Deborah Hamilton, Hamilton Strategies, 215.815.7716, 610.584.1096, DHamilton@HamiltonStrategies.com.