

Obtaining coverage has allayed the fears as costs rise, yet coverage itself keeps costs hidden and high. Our opaque, third-party payment system has obscured the true cost of receiving care from patients and physicians alike.

Prices are rising with no end in sight. We see examples of it every day, people who believe they are covered because they have insurance only to find out that, in some cases, they are just as vulnerable as those who are uninsured. The current system allows people who have insurance to end up paying more for a CT, for example, than if they had just paid cash.

This process and complexity of billing can allow this to happen. This lack of transparency in our healthcare system is a culprit, and it harms patients, physicians, pharmacists, and others who rely on it.

Consolidated hospital systems, the completely unregulated pharmaceutical middlemen, PBMs, and the insurance companies that are tied to both hospitals and PBMs have been increasingly profiting. These corporate giants have no motivation to offer transparency and discounts.

Costs remain deliberately hidden until the patient receives a bill. The number of healthcare administrators has grown more than 4,000 percent between 1970 and 2020. Consequently, spending on healthcare has increased 3,200 percent.

Is there any other conclusion than to tie rising costs to administrative glut? No. Administrative glut is largely to manage the regulations that our government has put in place, regulations that make healthcare more complex than the tax code. It is past time to cut the glut.

Medicine's malignant mergers, both vertical and horizontal, are creating behemoth healthcare systems like CVS, where insurance companies, PBM, pharmacy, and drive-by clinics are all together. This leads to patients being forced to go somewhere to receive their drugs and, in some cases, are told that they have to purchase brand-name drugs even when the generic equivalent is available. It is not about what is a better deal for the patient but what is a better deal for the PBMs and their ilk.

Americans are paying more than ever for coverage that limits their choices and doesn't always provide them access to care. The bloated bureaucratic special interests must be unveiled and Americans must educate themselves on cost drivers to forge sustainable solutions.

We need to focus on returning to a patient-centered healthcare system. Some people are starting to do this with things like direct primary care, which provides the patient with an array of services for a fixed cost that is actually transparent.

□ 1030

We need a system that allows patients to choose and fosters competi-

tion. The only way we are going to get a system like that is by shining a light on the shadows of our healthcare system. The answer is not more government, not more regulation but, rather, a concerted effort by Congress to bring our healthcare system out into the sunshine and to allow our sunshine to shine on these hidden practices; these practices are actually causing our prices to go up. No longer can we allow patients to bear the brunt of this complicated and very, very complex system.

The time is now to follow healthcare's money trail, unwind existing laws, or enact new laws that demand cost transparency, cut administrative glut, stop consolidation, and bring regulatory relief. Your health depends on it.

#### CONGRATULATING THE CAMP HILL LIONS GIRLS SOCCER TEAM

The SPEAKER pro tempore. The Chair recognizes the gentleman from Pennsylvania (Mr. PERRY) for 5 minutes.

Mr. PERRY. Mr. Speaker, I rise today to offer my heartfelt congratulations to the Camp Hill Lions Girls Soccer Team for their victory at the PIAA Class A State Soccer Championship, and for their excellence throughout their undefeated 2019 season.

Led by Coach Jared Latchford—who, to no one's surprise, was just named the Pennsylvania Soccer Coaches Association Girls Class A Coach of the Year—the Lions dominated the season, achieving a stunning overall record of 25 wins, zero ties, and zero losses.

This is the Lions' second appearance at the state championship in the last 3 years. They took an early lead in their contest against Shady Side Academy and held it throughout the game.

Aggressive and selfless offense, vigilant defense, and stellar goalkeeping earned the Lions a 2-0 victory and their first State championship trophy in school history.

These amazing athletes are the epitome of remarkable dedication and discipline, outstanding skill, exceptional sportsmanship, and an unyielding team spirit. Their dedication to excellence, to say the least, earned them this championship.

On behalf of Pennsylvania's 10th Congressional District, I congratulate the Camp Hill Lions for their incredible performance. We are proud of you.

#### HONORING THE LEADERSHIP AND CAREER OF SERGEANT JOHN AITON

The SPEAKER pro tempore. The Chair recognizes the gentleman from South Carolina (Mr. NORMAN) for 5 minutes.

Mr. NORMAN. Mr. Speaker, it is my honor to recognize the exemplary leadership and career of Sergeant John Aiton, a native of the Palmetto State, born and raised in my hometown of Rock Hill, South Carolina.

Upon graduating from Rock Hill High School, John Aiton attended East Coast Bible College, where he received a bachelor of arts in pastoral ministries, later earning a master's degree in biblical interpretation from Pentecostal Theological Seminary.

After a brief teaching and coaching stint at the Heritage Academy in Fort Mill, Sergeant Aiton joined the Rock Hill Police Department. John always had a special place in his heart for helping the community, so after 2 years of patrol work, he left to join the juvenile division as a DARE instructor.

During his work early on, he was promoted to special investigator, and was selected to serve on the police force's first crisis negotiating team, forming the department's neighborhood watch program.

Because of his dedication to the local community, he began to serve as the department's chaplain and continued work with the Worthy Boys and Girls Camp. This ultimately led him to his best-known role, a school resource officer for 22 years; 11 years at Northwestern High School, followed by another 11 years at South Pointe High School.

Throughout his distinguished career, Sergeant Aiton went above and beyond his job to protect and serve the community. Due to his service, he was promoted to sergeant of the Community Service Division, but because of his commitment to student safety, he relieved himself of those duties.

John is a truly inspirational citizen and a community servant whose pride and joy is found in protecting students.

After a distinguished career, Sergeant John Aiton retired from the force in June of 2019. It is truly an honor to recognize and congratulate Sergeant John Aiton on his well-deserved retirement. Rock Hill could not have asked for a better, selfless role model for our community.

In the words of Winston Churchill, who made famous a quote when Great Britain was about to be under siege, he said:

There will be a time when doing your best is not good enough. You must do what is required.

Sergeant Aiton did what was required to make a true difference.

#### RECESS

The SPEAKER pro tempore. Pursuant to clause 12(a) of rule I, the Chair declares the House in recess until noon today.

Accordingly (at 10 o'clock and 35 minutes a.m.), the House stood in recess.

□ 1200

#### AFTER RECESS

The recess having expired, the House was called to order by the Speaker pro tempore (Mr. TRONE) at noon.