

WINTER 2022

#theHealthyDose



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2020
→
2223
Goodbye 2022 Hello 2023

In this issue:

- #chapter2:
mncWELLRetreats 2023
- mncWELL Partners in
Wellness
- AI Chat with Chat GTP
- Out of the Box To In
Person
- #Take10 Springs Back
- Meet Leah



A New Year and an opportunity to RESET!

RESET = to set again, to adjust, or fix in a new or different way. A RESET clears any pending errors or events and brings a system to normal condition or an initial state, usually in a controlled manner.

We have RESET our intentions for 2023 and will continue to provide innovative, practical, evidence-based, and cost-effective health, policy, and management solutions to our clients. Thanks to the successful launch of our wellness retreats - **mncWell** - *pronounced minkwell*, we will continue to build out our health and wellness practice area, and, in a controlled manner, begin developing our brand in the health education space.

What are your intentions for 2023? Whatever they are, remember to include RESETTING your Mind, Body, and Soul, in a controlled manner. Coming out of the Covid-19 pandemic, with many of us suffering from burnout, it is important to focus on health and mental well-being and approach the new year with gratitude.

So, in closing, to borrow the words of Emily Silva as published in **Sunrise Gratitude-356 Morning Meditations for Joyful Days all Year Long**, "as 2022 fades and 2023 approaches notice what didn't grow this year alongside what blossomed and flourished. Focus on the things that thrived and not what wilted. Release what didn't thrive and celebrate what transpired. This is a season to reflect, release, and make room for what is meant to grow in spring. Celebrate what grew as well as what failed. What was meant to be flourished. Things happen in due time and there is peace in that truth."

CHAPTER 2: mncWELLRETREATS

RELAX | REWIND | RECHARGE | RENEW



RELAX | REWIND | RECHARGE | RENEW

mind FULL to MINDful

Wednesday | April 19 | Day 1 | REACH and RELAX
Check-in, Settle in, Breathe deep, and Take it all in.

mncWELCOME RELAXception -please wear Purple
5:30 PM - 6:30PM Cocktails & Sunset (Jakes Beach)
6:30 PM - 8:30PM Dinner & mncWell Retreat MINDful Overview
9:00 PM mncWell Sensory Check, MINDful Journaling & Self Meditation***
SLEEP & REBOOT

Thursday | April 20 | Day 2 | REWIND the MIND
MINDfulFUNDamentals

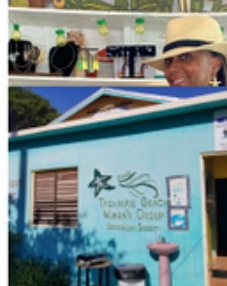
7:30 AM - 8:30 AM Rise, Shine, take a mncwell minute & then MINDfully BreakFast
8:30 AM - 10:00 AM Yoga & Chakra 101** (Yoga Deck)
10:00 AM - 12:00 PM UP Time (UnProgrammed time)
12:00 PM - 1:30 PM Skin RejuvinAGING* & MINDful Lunching (Yoga Deck)
1:30 PM - 5:00 PM SPAHHmazing Treatments* (Driftwood Spa)
5:30 PM - 6:30 PM SunsetYIN Yoga & Soundbath HealYANG** (Yoga Deck)
7:00 PM - 9:00 PM Jack Sprat Dinner & mnChapterBook Club (Calabash Deck)
9:00 PM mncWell Sensory Check, MINDful Journaling & Self Meditation***
SLEEP & REBOOT

Friday | April 21 | Day 3 | RECHARGE your TANK
Fishing for Wellness: Sea to Table Experience

6:30 AM - 9:30 AM Rise, Shine, take a mncwell minute and let's go FISH for WELLNESS
9:30 AM - 11:30 AM Food As Medicine & HealYIN**
11:30 AM - 12:30 PM Callaloo Nutrition (Ah Likkie Retail Therapy*)
1:00 PM - 2:30 PM UP Time/Optional TBWG
2:30 PM - 5:00 PM SPAHHmazing Treatments*(optional)
6:00 PM - 8:30 PM Group Dinner at LASHINGS* (optional)
9:00 PM mncWell Sensory Check, MINDful Journaling & Self Meditation***
SLEEP & REBOOT

Saturday | April 22 | Day 4 | RENEW and RESTORE
Let's Get Physical! Say YES to WELLNESS: Climb, Zip, Swim at YS Falls

7:30 AM - 9:00 AM Rise, Shine, take a mncwell minute & then MINDfully BreakFast
9:30 AM - 2:30 PM YES to Wellness (9:30 am transport to YS Falls)
10:30 AM - 11:30 AM Fall'in for Reggae by the River**
11:30 AM - 2:30 PM Climb, Zip, Swim, or just simply Sit & Relax
3:30 PM Arrive back at Jakes
3:30 PM - 5:00 PM UP Time & Reflection
5:00 PM - 8:30 PM BonFYAH SEASIDE Farewell - please wear white



SOLD OUT!

We believe that Life is like a book with innumerable pages, divided into chapters. Every day presents a new opportunity to turn the page and start a new chapter. HCI's expertly curated, exclusive wellness getaways are intentionally designed to be small, intimate, and incorporate partnering with wellness experts from the local community to allow for one of a kind experiences to simply unplug, RELAX, REWIND, RECHARGE, RENEW.

On the heels of the successful launch of mncWELL - my | next | chapterWELL Retreats (#Chapter 1) in Negril, Jamaica in 2022, we've packed our bags and this year we are heading South, to the south coast of Jamaica, to the sleepy fishing village of Treasure Beach in St. Elizabeth, for #Chapter 2!

Our host hotel is the iconic, quirky, guadesque like hotel, Jakes Resort, and once again retreaters will be immersed in a menu of mindfulness activities, nutritional adventures, and cardio fitness workouts, that will transport them from a mind FULL to MINDful.

This year, we also added another R...READING and launched mnChapterBookclub. We will be reading River Sing Me Home, by Eleanor Shearer. Follow us on instagram @healthconceptsintl and join us in April when we turn the pages to explore the book in detail and share our perspectives.

Meet this years' Partners in Wellness on Page 3

mncWELL Partners in Wellness

For #Chapter2:mncWellRetreats2023, we have partnered with some major talent and local icons on the island.

Empress Thandi Wise

www.wisewellnessja.com

@wisewellnessja

Empress Thandi, A certified yogi and wellness coach, is the founder of Wise Wellness – Yoga Centre and Health Food Store in Treasure Beach, JAMAICA, where she teaches a holistic lifestyle. Growing up in Jamaica Empress studied with her grandmother, in White Horses, St Thomas Jamaica where she first learned Ancestral Wisdom and herbology! Her grandmother and her father were known in the community as the “Bush Doctors”. Her mission is to help all beings activate their natural and innate wisdom to heal and balance the mind, body, and spirit using ancestral wisdom and natural modalities. Empress Thandi will be our local yogi and food as medicine wisdom coach.



SandandStone Meditation

www.sandandstonemeditation.com

@sandandstonemeditation



The health and wellness benefits of sound have long been researched, documented and found to elevate mood and boost the brain's production of the hormone, dopamine. Sand and Stone Meditation, the brainchild of Michele Lewis, is a Jamaican wellness brand, specializing in sound journeys influenced by the rich heritage and culture of Jamaican music. Sound Journeys combine sounds and music to create an incredibly immersive, hypnotic and meditative journey which helps to clear the mind and deepen your meditation practice.

We are happy to have Sand and Stone once again partner with us for #chapter2, and take us on a mindful sound journey.



Callaloo Butik

@callaloo_jamaica

Research suggests there's actually a lot of psychological and therapeutic value when you're shopping — if done in moderation. Retail therapy is when you go shopping for the main purpose of making yourself feel better. Retail Therapy releases mood-lifting endorphins, boosts your immune system, keeps your brain nimble, and even fulfills basic social needs. We will experience a *littke* nutritious Retail Therapy at Callaloo Butik, owned by the Grant Sisters, and enjoy shopping *mindfully* for our health.



Ita Royal Wines

@italeeworld

While enjoying Callaloo Retail Therapy, retreaters will get the chance to meet and learn from wellness partner, Italee Watson, singer, songwriter, homeopath. Italee is the creator of Ita Royal Wines and Roots, holistic beverages made from indigenous herbs, roots and fruits. Retreaters will enjoy this unique pairing of Callaloo and Wine and Drink up to Good Health.



Treasure Beach Womens' Group

www.tbwgjamaica.com

Giving is Good for your Health. Giving has been proven to decrease blood pressure and reduce stress. The reduction promotes longer life and better health. TBWG is a benevolent society formed to promote the advancement of women and the Treasure Beach community as a whole, through education, income producing projects, and awareness of women's health and women's issues.

TBWG will host a meet and greet and Retreaters will be able to meet local women from the surrounding community, learn from each others experiences and raise awareness about a range of women's issues.



#theHealthyDose
Issue May / June 2021

In This Issue:

- #TAKE10 Takes Off
- Remote Patient Monitoring (RPM)
- Mindfulness, Mental Health and Well-being
- Telehealth and Regulations
- The Future of Work is Hybrid
- #mnoWELL Retirees Launch - Let the MindfulFUN begin

HEALTH CONCEPTS INTERNATIONAL

As the president of Health Concepts International, LLC (HCI), I am pleased to welcome you to the first issue of our newsletter, #theHealthyDose. HCI means to be a digital download of a variety of healthcare topics of interest, an update on what's going on at HCI and some of the things we're doing to help.

So, what's our story? Well, after a hiatus in fall 2020, during the height of the pandemic, Health Concepts International, LLC, and I reimagined the COVID-19 global pandemic as a call to action to get back to work, as it is our great goal to improve our health and healthcare. We are an innovative brand and opportunities for improving access to quality healthcare, the need for greater emphasis on wellness and prevention, and defining the acknowledgment that mental health is health and that we must all tend to our mental health to be completely whole and well.

Not too long before we officially entered the pandemic, I was fortunate to attend a Leadership Greater Washington sponsored session on "Lessons in Leadership" with Steve Case, Co-Founder of AOL and CEO of Revolution.LLC. During the Q&A session, as posed in a room filled with leaders from a host of industries, I asked him where he saw the future of healthcare going. Turns out he was prescient as his response was based on the situation and addressed the most promise for our future and that he was most hopeful about the direction he predicted then. That telehealth advancements in science and technology, artificial intelligence (AI) and precision medicine, and personalized care would revolutionize healthcare and positively impact population health and advance health equity. He said that, and the future is here, and we agree.

In this special issue, members of the HCI executive consulting team, the champions of our four practice areas (Clinical, Health and Wellness, Health Education, Health Planning, Policy, and Program Development, Health Regulation and Compliance, and Compliance and Research-based Operations) and evidenced-based practitioners share what some of our hopes are for a new and better than normal health ecosystem.

Enjoy the issue and let me know what you think!
#theHealthyDose or jacqui.watson@healthconcepts.com

Steve Case, Co-Founder of AOL and CEO Revolution.LLC with Dr. Jacqui Watson, President of HCI.

In our very first issue of our newsletter, #theHealthyDose, I shared the story of my meeting AOL Founder, Steve Case in 2020, and the wisdom he shared at that time about the future of healthcare - he was very hopeful because of the advancements in technology that were yet to be realized. Well, as we all went through the pandemic, experienced the fastest to market vaccine production in history, the rapid adoption of telehealth, and so much more, the future of healthcare certainly holds tremendous promise. AI and precision medicine are all the buzz. So, when I learned about Chat-GPT I decided to chat with it. I asked Chat-GPT to write me an essay of 5000 words about AI and how it - Chat-GPT- will change healthcare? Here's what it told me, verbatim.

Introduction:

Artificial Intelligence (AI) has been increasingly used in the healthcare sector in recent years, providing a range of benefits and opportunities to improve the quality of care and the overall patient experience. One of the most exciting and innovative applications of AI in healthcare is the use of large language models, such as OpenAI's GPT-3. In this essay, we will explore the advantages of using Chat GPT in healthcare and discuss how this technology can help to address some of the most pressing challenges facing the industry today.

1.Improving Patient-Provider Communication:

One of the key advantages of using Chat GPT in healthcare is that it can help to improve the communication between patients and healthcare providers. With this technology, patients can easily access information about their health and get answers to their questions, without having to wait for an appointment with a healthcare provider. This can be especially important for patients who are living in remote or underserved areas and have limited access to healthcare services.

In addition, Chat GPT can also help to reduce the amount of time that healthcare providers spend on routine tasks, such as answering frequently asked questions, freeing up their time to focus on more complex and critical tasks. This can help to improve the efficiency of the healthcare system and ensure that patients receive the care they need in a timely and effective manner.

2.Personalized Health Information:

Another advantage of using Chat GPT in healthcare is that it can provide patients with personalized health information tailored to their individual needs and circumstances. With this technology, patients can receive information about their health that is relevant to their specific condition, taking into account their age, gender, medical history, and other factors. This can help to improve patient engagement and ensure that patients receive the information they need to make informed decisions about their health.

In addition, Chat GPT can also help healthcare providers to access up-to-date information about their patients, including their medical history, medications, and test results. This can help providers to make more accurate diagnoses, prescribe more effective treatments, and monitor patients more effectively, leading to improved health outcomes.

3.Streamlining Administrative Tasks:

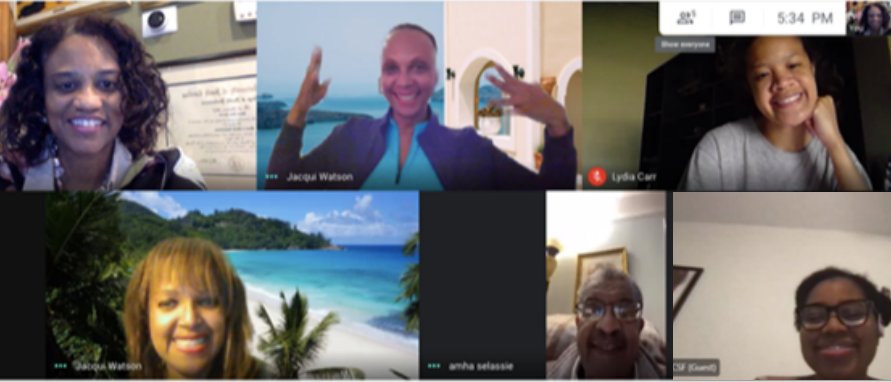
Another key advantage of using Chat GPT in healthcare is that it can help to streamline administrative tasks, reducing the time and resources required to complete these tasks and freeing up healthcare providers to focus on more critical tasks. With this technology, healthcare providers can automate many routine administrative tasks, such as appointment scheduling, medical record keeping, and insurance claim processing, saving time and reducing errors.

In addition, Chat GPT can also help to improve the accuracy of patient data, reducing the risk of medical errors and improving the overall quality of care. This can help to improve patient satisfaction and reduce the cost of healthcare, making it more accessible and affordable for everyone.

4.Improving Access to Care:

One of the biggest advantages of using Chat GPT in healthcare is that it can help to improve access to care for patients, especially for those who are living in remote or underserved areas. With this technology, patients can receive information about their health, get answers to their questions, and even receive treatment without having to travel to a healthcare facility. This can be especially important for patients who are living in areas with limited healthcare resources, who may otherwise have to travel long distances to receive care.

Out of the Box: A Welcome Return to In-Person



For the past almost 3 years, due to the Covid-19 pandemic, our team, like so many others, has been in a remote posture, and literally worked out of a box. Though we were able to effectively get work done, for me, it was just not the same. I firmly believe in the power of face-to-face interactions and the health and mental wellness benefits we all receive from those in-person interactions should not be ignored. So, it was certainly a treat and good for my mental health and well-being to be face to face with HCI VP of Virtual Health, Sshune Rhodes, when she traveled to Washington for meetings. We discussed developments in the virtual health space, plans for HCI's growth in that practice area, and so much more. Cheers to being Out-of-the-Box!

Leah Spivey

This Spring we will enthusiastically welcome our Spring/Summer intern, Leah Spivey is a Detroit native. She holds a Bachelor of Arts degree in International Studies from the University of Michigan and a Master of Public Health degree in the Department of Health Management and Policy from the University of Michigan School of Public Health.

Leah currently serves as the Social Care Specialist Supervisor for the Holy Cross Health Network in Silver Spring, MD. She is also a member of the Social Care Clinical Excellence Council for Trinity Health.



Leah is committed to improving the health and well-being of communities. She aspires to make a significant difference in health accessibility by addressing social determinants of health and providing quality and accessible healthcare for disadvantaged populations.



#TAKE10! SPRING RESET. Our live chat series, where we talk with interesting people, with diverse perspectives, about a range of topics, will spring back to life this Spring. Beginning in March, tune in on Saturday's at 10am EST to meet our guests who are all doing noteworthy things within their own community. @healthconceptsintl

CHAT GTP Continued.....

In addition, Chat GPT can also help to improve access to care for patients who have limited mobility or who are unable to leave their homes due to illness or disability. With this technology, patients can receive care from the comfort of their own homes, reducing the need for hospitalization and improving their quality of life.

Conclusion:
In conclusion, the advantages of using Chat G...

That's 5000 words, exactly. So, what do you think about what Chat-GPT told me? Please share your comments via instagram @healthconceptsintl. I have a few thoughts about this technology and I will share them in our Summer Issue.
To be Continued.

Vision

To disrupt the health status quo, reshape the healthcare landscape, and transform lives.

Mission

To provide innovative, practical, evidence-based, and cost-effective health, policy, and management solutions.

Our Core Values

- Passion
- Reliability
- Integrity
- Dependability
- Efficiency

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