

Take One & Call Me in the Morning

InSight MD

Leverage the Healthcare Landscape

Welcome to Insight MD's "information concierge" experience, where you will find collected for you in one convenient and user-friendly location links to current content on a variety of healthcare topics ranging from the basic to leading edge research and innovation as well as case studies.

Please return regularly for updates and to [provide your feedback](#) to help us continuously enhance our ability to meet your information needs in a world in which "the selectively less is often way much more."

July - August 2013

• Industry Overview Topics

- [2013 Trion Overview of Private Exchanges](#)
- [2013 AHA Cost Trends and Care Delivery Alignment Report](#)
- [2013 AHA Report on Impact of Baby Boomers on the Future of Healthcare](#)
- [2013 Rand Wellness Programs Study](#)
- [2013 DOL Workplace Wellness Summary - Case Studies](#)
- [2013 HealthLeaders Media Industry Survey on Strategic Imperatives](#)

• Wellness

- [Wellness: A More Holistic View](#)
- [Wellness Program Trends - ROWE \(Results-Only Work Environment\)](#)
- [Don't Ignore the Impact of Well-Being](#)
- [2013 Health Affairs Workplace Wellness Programs Policy Brief](#)

• Care Delivery Evolution

- [ACOs: United Healthcare Strategy and Investments](#)
- [PCMH: CareFirst BCBS Medical Home Program a Success](#)
- [Nurse Practitioners and Primary Care](#)

• IT and Mobile Health

- [EMR Utilization Trends](#)
- [Mobile-Enabled Stethoscope](#)
- [Gamification in Healthcare](#)
- [Phone App and Social Network](#)

• Where the Rubber Meets the Road

- [\\$ Impact of Tobacco Use on Medical Costs](#)
- [Stress: Are Your Employees Stressed Out?](#)
- [Facebook's Fittest Cities](#)
- [Exercise and Neuroscience](#)

• Video Series - Wharton Healthcare Alumni Conference

- [Paul Starr and The Fog of Health Care](#)



Meet Z. Colette Edwards

Z. Colette Edwards, M.D., M.B.A. leads Insight MD, a healthcare consultancy, which offers program design and implementation, targeted strategic planning and development, innovative product design, consultative data and clinical ROI analysis including benefit design and large claims analysis, health disparities/health literacy/cultural competency consultation, and PeopleTweaker, a coaching service line providing health, wellness, and life coaching and training in health coaching techniques for health professionals and support staff.

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