



Compliance

TODAY

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A portrait of Ryan Meade, a middle-aged man with short, light-colored hair, wearing a dark suit, a light blue shirt, and a patterned tie. He is smiling slightly and looking directly at the camera. The background is a blurred interior space with large windows and what appears to be a library or study area with bookshelves.

The mission of making Compliance an academic discipline

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Director, Center for Compliance Studies
Loyola University Chicago School of Law

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Understanding MACRA's strategic and compliance implications

Bruce A. Johnson and Marissa R. Urban

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Caution: Hospital nurse practitioners may raise Stark issues

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McDonnell's impact on the evolution of the Anti-Kickback Statute

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2016 False Claims Act review: A truly extraordinary year

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by Nancy J. Beckley

R-E-L-A-X

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It all started with a call from a trusted compliance colleague, a healthcare attorney certified in healthcare compliance and, in my impression, a pretty cool, calm, and collected advisor. Imagine my surprise



Beckley

when this trusted colleague admitted that he looked to the Apple Store for an app that would help him relax. Wow—if he needed an app to find help in relaxing, maybe the rest of us could use an app to relax and release some compliance officer stress.

Here in Wisconsin, “R-E-L-A-X” as a meme became famous when Green Bay Packer’s #12 Aaron Rodgers signaled to fans that he had it covered on his ESPN Milwaukee radio show: “Five letters here just for everybody out there in Packer-land: R-E-L-A-X. Relax. We’re going to be OK.” (This was in response to the Packer’s slow start in 2014.) In the world of Compliance, we know that compliance officers are often stressed, and HCCA even did a survey and report to assess the situation.

Are you finding the need to R-E-L-A-X? Maybe take a few minutes out of your day to have a “personal meditation coach”? Look no further. With OMG Meditate, simply open the app to be greeted by your personal meditation coach who explains the components of the meditation program,

advising that no prior experience in meditation is necessary. Log in with Facebook or create an account with your email address.

Need to manage your stress? Help in sleeping better? Think more clearly? Just be happier? Take a step in the right direction and find 10 minutes in your day. Select from a number of options, such as the 7-day challenge, which is the best way to learn the basics, step by step, according to Lynn (your personal meditation coach). Once you have that down pat, proceed to one of the specialty meditations or themed series, such as building self-esteem, developing creativity, falling asleep at night, and waking up in the morning. One feature is about handling the stressful times in your day when you need a “quick dose of calm,” which to me sounds like meditation

One feature is about handling the stressful times in your day when you need a “quick dose of calm...”

made to order for compliance officers.

Start with the 7-day challenge and select the length of your meditation from 12 to 16 minutes, based upon the amount of silence. Be sure to sit back, relax, and turn off your calls on your tablet and smartphone. And don’t forget to hit the “do not disturb” button on your office phone and hang a sign on the door. It’s time to R-E-L-A-X. ☺