

HER LONGEVITY SUMMIT

# AI IN MEDICINE

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# Disclosures

**CareCore**

Co-founder and equity holder

**Ultralight**

Advisor

**Sonata Health**

Advisor



SNL / NBC PARODY • Jane Wickline as Dario Amodei

**"In 10 years, there's about a 10 percent chance that cancer won't be a problem for anyone."**

**“Mitigating the risk of extinction  
from AI should be a global priority”**



Dario Amodei  
Anthropic



Sam Altman  
OpenAI

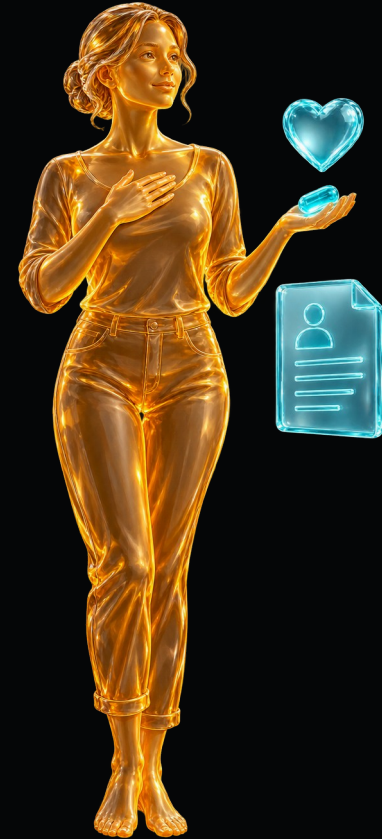


Demis Hassabis  
Google DeepMind

**“Doctors who use AI  
will replace doctors  
who don't use AI.”**



**PATIENTS WITH AI**  
**WILL REPLACE**  
**DOCTORS**  
**WHO DON'T USE AI**



# THE TOP OF YOUR LICENSE

**Beyond training**

**Thousands of data points**

**Time to understand**



# WHAT IS YOUR DREAM PRACTICE?

**Time to go deep**

Care between visits

Small team  
Less repeat work

# Maya's scattered records

54, postmenopausal

## Symptoms

Poor sleep  
Fatigue



## Labs • Sep 14

|       |           |
|-------|-----------|
| A1c   | 5.7%      |
| LDL-C | 121 mg/dL |
| Hgb   | 13.0 g/dL |

## LIST • SEP 20

Atorvastatin  
10 mg daily

## MESSAGE • SEP 22

"I stopped the  
cholesterol pill."

Current use unresolved

## CGM

4

<70 mg/dL

Unconfirmed

## Wearable nights

Sep 1-14



9 recorded

5 missing

**"I am most worried about  
adding another plan  
I can't keep up with."**

Caregiving: four nights a week.  
Watch charging on some nights.

### **What changes**

Time, sleep context,  
what she can sustain

### **What stays open**

Fatigue cause, sensor lows,  
current medication use



# Maya's Living Care Map

**Energy for work.  
Time for her mother.**



**New context**



**Clinical review**



**Updated plan**

Owner + review date

# Who closes the loop?

**Maya**



**Clinician**



**Care team**

Goals + constraints

Clinical decisions

Follow-through

# Zoom in on the AI

**Read the history**

**Research**

**Prepare care**

**Maya's message**

"I stopped the  
cholesterol pill."

**AI**

**Communicate**

**Track follow-up**

**Update records**

Prepared for clinical review

# AI across my business

## Memberships

Intake + renewals

## Pharmacies

Products + requirements

## Payments

Billing + bookkeeping



**I review**

## Content

Research + drafts

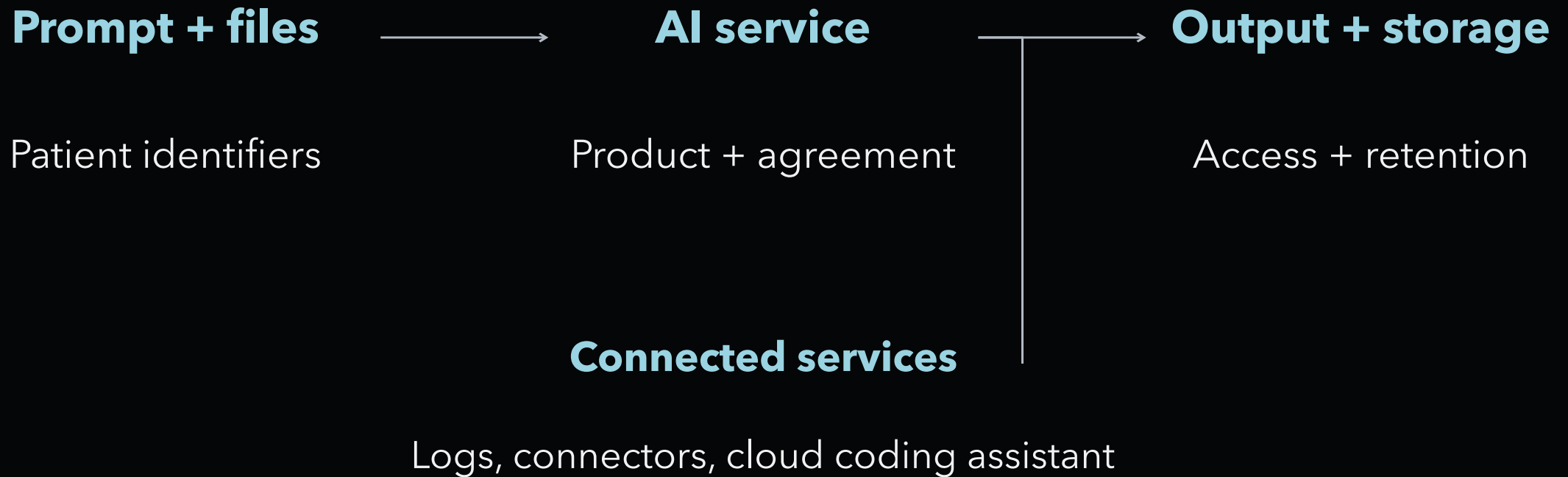
## Building

Code + tests

## Operations

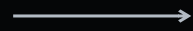
Priorities + follow-up

# Where patient data goes

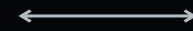


# Can I connect my information?

**Files**



**AI service**



**Connected app**

**READ**

Which files?

**ACT**

Write? Delete? Send?

**STORE**

Which copies remain?

# General AI workspaces



**ChatGPT  
Codex**

**AI**

**Claude  
Claude Code**



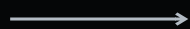
**Gemini**



**Muse**

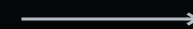
**Model**

Generates output



**Agent**

Uses tools



**Workspace**

Controls access

# What goes in the chat?

## Your context

Your patients  
Your question



## Discuss

Findings  
Sources

**Ask AI to search**  
or bring a source

Open a source. Check the claim.

# Start a conversation

**You**

**"I care for women after menopause.  
What do human studies say  
about improving sleep?"**

**Then**

"Which findings fit my patients?"

# What if it makes things up?

## Example draft

Maya asked about creatine.

**"Creatine increased  
bone density."**

**Unsupported by this trial**

Chilibeck et al., 2023

## Original trial

237 postmenopausal women  
Two years. Both groups exercised.

### Bone density

**No benefit**

### Bone geometry

Some improvement

# Your first AI build

Codex, Claude Code or your chosen workspace

## The request

**“Build Maya’s visual care map.  
Keep her goal visible.  
Link each fact to its source.”**

**Open it. Ask for one change.**

# New messages can update the record

**Message**



**AI draft**



**Review**

"I stopped the  
cholesterol pill."

Patient report:  
stopped pill

Current use:  
unresolved

Sep 22

Source + date

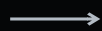
Clinician confirms



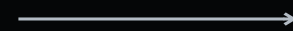
**Approved update**

# A weekly research workflow

**FRI**



**New evidence**



**Brief to review**

Scheduled search

Human studies  
Guidelines

Up to 3 findings  
Sources + limits

Test once. Review before changing care.

# MORE TIME FOR CARE.

Energy for work.  
Time for her mother.

## AI RESOURCES



Tools, prompts and tutorials

**[carecore.io/ai-tools](https://carecore.io/ai-tools)**

# The work AI can help with

| TASK                | AI DRAFT          | YOU CHECK               |
|---------------------|-------------------|-------------------------|
| <b>Records</b>      | Reconcile history | Dates + medicines       |
| <b>Research</b>     | Compare papers    | Source + patient fit    |
| <b>Communicate</b>  | Draft replies     | Accuracy + tone         |
| <b>Prepare care</b> | Orders / Rx       | Drug + dose + allergies |
| <b>Follow-up</b>    | Track next steps  | Owner + due date        |

# Tools for a defined job

## JOB

## EXAMPLES

## ASK TO SEE

Visit notes



**Nabla**

Note corrections

Evidence search



Supporting + contrary papers

Practice / EHR



**Healthie**

The full workflow

Synthesis

Note Assist

AI Scribe

Data use? Cost? Corrections? Export?

# Zero data retention

## Provider APIs

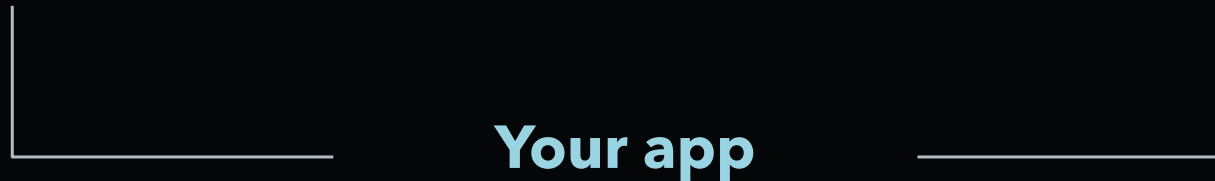
OpenAI / Anthropic

Eligible models + features

## Cloud platforms

AWS / Microsoft

Service + retention settings



Chats, files, logs, connectors

**No training ≠ no storage**

# What changes when Maya adds context?

## Records

5

Nights with no record  
in the 14-night export

## Maya's context

4

Caregiving nights  
each week

Watch charging on some nights

**Still open: fatigue, lows, current medicines**

# Weekly brief setup

## Practice

Menopause and sleep

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## Sources

Human studies + guidelines

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## Schedule

Friday, 8 a.m. in your time zone

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## Output

Up to 3 findings, links + limits

Test once. Review the first runs.

# Sources and further reading

## AI risk and parody

[CAIS statement](#)

[Official SNL video](#)

## Patient data

[HHS: Cloud](#)

[De-identification](#)

## Model errors

[Why language models hallucinate](#)

## General AI workspaces

[OpenAI](#)

[Anthropic](#)

[Google](#)

[Meta](#)

## Managed tools / EHRs

[Heidi](#)

[Nabla](#)

[OpenEvidence](#)

[Ultralight](#)

[Elation](#)

[Healthie](#)

## Maya case and prototype

[Companion sources and saved trials](#)

Full list: [Source-guide.html](#)