

The Devil's Healthcare Plan

Supplement to: "*Medium's First Citizen Science Project—How to Stay Healthy When Healthcare Fails*"

My question to the AI

If you were the devil, how would you ruin healthcare?

Gemini's answer:

If I were the Devil, I wouldn't send plagues. Plagues are too obvious, too messy, and they unite humanity in a common fight. No, if I wanted to truly ruin healthcare, I would design a system where everyone is trying their best, yet the outcome is misery, bankruptcy, and burnout.

I would turn the healing arts into an administrative industry.

Here is my blueprint for the **Infernal Healthcare System**:

1. The Separation of Cost and Value

First, I would ensure that no one knows what anything costs until *after* they have consumed it. I would create a system of "opaque pricing."

- **The Trap:** A patient should be able to buy a car with clear financing, but have no idea if a blood test costs \$50 or \$5,000 until the bill arrives months later.
- **The Result:** This creates constant, low-level anxiety. It discourages people from seeking care early (when it's cheap and effective) and forces them to wait until they are dying (when it is expensive and catastrophic).

2. The Cult of "Fee-for-Service"

I would reward doctors for *doing* things, not for *healing* people.

- **The Incentive:** If a doctor spends an hour counseling a patient on diet, sleep, and stress to reverse their hypertension, I would pay them \$40. If they spend 15 minutes installing a stent or prescribing a lifetime of medication, I would pay them \$4,000.
- **The Result:** I would make "health" unprofitable and "sickness management" the most lucrative business on earth. I wouldn't cure diseases; I would maintain them.

3. The Bureaucratic Wall

I would introduce the "Third Party." I would place an army of administrators, insurance adjusters, and coders between the doctor and the patient.

- **The Tactic:** For every hour a doctor spends looking into a patient's eyes, I would demand two hours of them looking at a computer screen, clicking boxes to satisfy a billing code.

- **The Result:** I would destroy the doctor-patient relationship—the most sacred tool in medicine—by turning the physician into a data-entry clerk. This ensures physician burnout and patient alienation simultaneously.

4. The Fragmentation of the Human

I would discourage generalism and worship hyper-specialization.

- **The Setup:** If a patient has a heart problem, a gut problem, and depression, I would send them to three different buildings to see three different experts who never speak to one another.
- **The Result:** The Cardiologist will prescribe a beta-blocker that worsens the depression; the Psychiatrist will prescribe an SSRI that upsets the gut; the Gastroenterologist will prescribe a PPI that affects nutrient absorption. The patient will be "medically managed" into a downward spiral of polypharmacy.

5. The Illusion of Information

Finally, I would democratize "knowledge" without wisdom.

- **The Noise:** I would flood the internet with wellness influencers, conflicting nutritional studies, and algorithmic fear-mongering.
- **The Result:** I would make the patient distrust the doctor ("I read online that statins are poison!") and make the doctor resent the patient. Trust—the placebo effect that actually helps heal—would evaporate.

The Devil's Victory

My ultimate triumph wouldn't be death. It would be the creation of a system where:

1. **The Patient** feels like a customer but is treated like a nuisance.
2. **The Doctor** enters the field to save lives but stays to pay off loans, feeling like a cog in a machine.
3. **The System** consumes 20% of GDP to produce declining life expectancies.

That is how you ruin healthcare: **You take the humanity out of it and replace it with a spreadsheet.**