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Over The Counter, 25 October 2021: Building A Global Self-Care Movement With GSCF's Heiko Schipper

by [David Ridley](#)

In this episode, HBW Insight speaks to Heiko Schipper about the Global Self-Care Federation's recently published Self-Care Readiness Index.

Following the publication of its Self-Care Readiness Index, HBW Insight's David Ridley speaks to Global Self-Care Federation chair Heiko Schipper about what it takes to build a worldwide movement for self-care.

Also discussed is how industry players like Schipper's Bayer Consumer Health can contribute, for example as 'truth leaders' in an age of misinformation and public mistrust and as partners for community pharmacy, which still has an important role to play in the 21st century.

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[*Over The Counter, 20 Sept 2021: Being A Self-Care 'Source Of Truth' With TheScienceGrad's Natasha Barrow*](#)

[*Over The Counter, 24 July 2021: Are We Ready To Self-Care? With GSCF's Judy Stenmark*](#)

[Trust, Innovation And Growth – Three Priorities For The Global Self-Care Industry In 2021](#)

[Accelerating The Global Self-Care Agenda: Q&A With GSCF Chair, Bayer CH Head Heiko Schipper](#)

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