

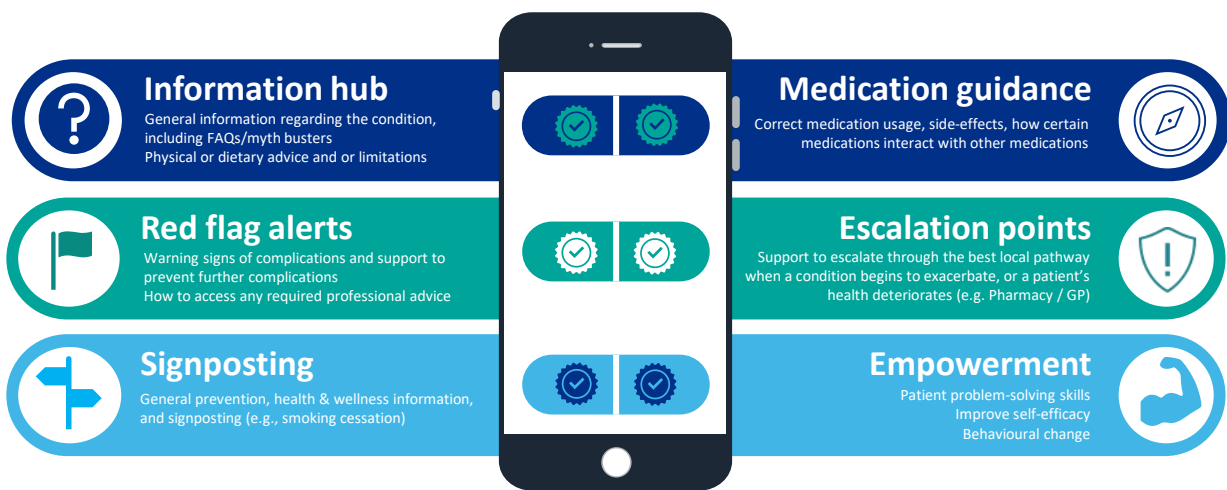
## IDENTIFYING THE PROBLEM

Patients with a chronic disease or long-term condition (LTC) have a health condition that is characterised by periods of stability and deteriorations and requires constant attention to manage symptoms and exacerbations. **LTCs account for:**



## DEVELOPING A SOLUTION

SWL ICS aims to support the c500k SWL patients diagnosed with one or more LTCs by providing them supported digital self-management. We will educate and empower LTCs patients to have the confidence to take charge of their health, so they can spend less time being sick and more time enjoying their lives. **The SWL digital self-management app features:**



This is a **FREE** SWL digital health service providing **instant, 24/7 support** to LTCs patients to better self-manage and/or while they wait for an appointment. **The service is available across all patient touch points:**



## IMPLEMENTING THE SOLUTION

Work is done via extensive innovation, collaboration, and co-production. This is a national digital exclusion exemplar project.

### THE SWL DIGITAL SELF MANAGEMENT APP

[Powered by getUBetter]

Available for **FREE** to all SWL GPs and patients registered with a SWL GP practice | Instant access | 24-hour support

### SUPPORT FOR MULTIPLE LONG-TERM CONDITIONS

- ✓ MSK
- ✓ Women's pelvic health
- ✓ Heart Health
- ✓ Respiratory
- ✓ Peri/Post-natal

### COLLABORATION & CO-PRODUCTION



### REAL WORLD IMPACT

- ✓ 20% fewer referrals to physiotherapy services
- ✓ 13% fewer MSK GP appointments
- ✓ 50% fewer MSK GP prescriptions
- ✓ 66% fewer urgent care attendances

\* Source: Health Innovation Network report

### EVIDENCE BASED

- ✓ Certified medical device
- ✓ NICE Digital Health Evaluation
- ✓ Behavioural Change
- ✓ Economic evaluation
- ✓ ORCHA app library 91%
- ✓ DTAC
- ✓ NHSx Playbook