



South West London

SWL Digital Self-Management app

Powered by GetUBetter



EVIDENCE BASED

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



MSK SUPPORT

| | |
|-----------------|----------------|
| Upper limbs | Hip |
| Lower limbs | Peri-operative |
| Osteoarthritis | Neck |
| Strains & Pains | Elbow |



WOMEN'S PELVIC HEALTH SUPPORT

Urinary Prolapse
Overactive bladder



LATEST MODULES & PATHWAY DEVELOPMENTS

PELVIC HEALTH IN PREGNANCY

1st - 3rd trimester / Bladder & bowel / Aches & Pains / Diastasis

PELVIC HEALTH POSTNATAL

3+ months after birth / 0-3 months after birth / Return to Sport / Diastasis / Bladder & Bowel / Pain

TENDINOPATHY

Lower limb (Achilles, Gluteal, Patella) / Upper limb (Golfers elbow / Tennis elbow)



HEART HEALTH SUPPORT

General / High Blood Pressure / Diabetes



RESPIRATORY SUPPORT

I have Breathing problems
I have asthma
I have COPD
Managing in Winter



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*



AWARD WINNING



WE'RE PROUD TO BE WINNERS

HEALTHTECH PARTNERSHIP OF THE YEAR

#HSJPartnershipAwards | partnership.hsjs.co.uk



COLLABORATION & CO-PRODUCTION

