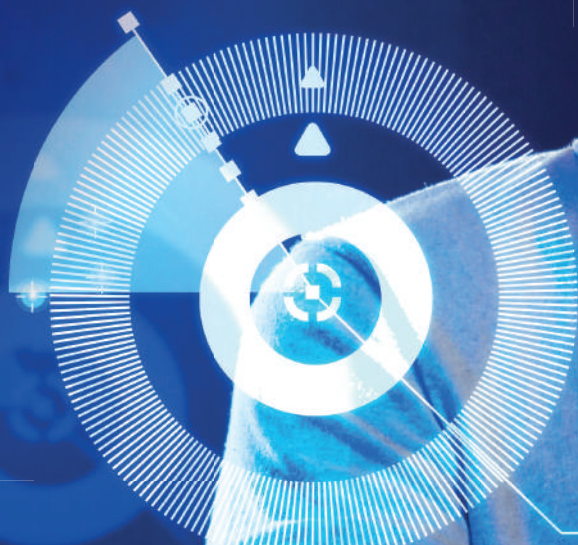


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Youth & Technology

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Future Health Speech 2021

Future Health Speech 2021

How do teenagers living in 2021 see the future of healthcare, using 2040 as the benchmark? What are the challenges and the opportunities? What role will technology play in healthcare? How will doctors be working, what will hospitals look like, and how do we ensure that patients have the best possible experience? You can read it all in the Future Health Speech, which has been composed by 27 teenagers between the ages of 12 and 16, selected by Philips.

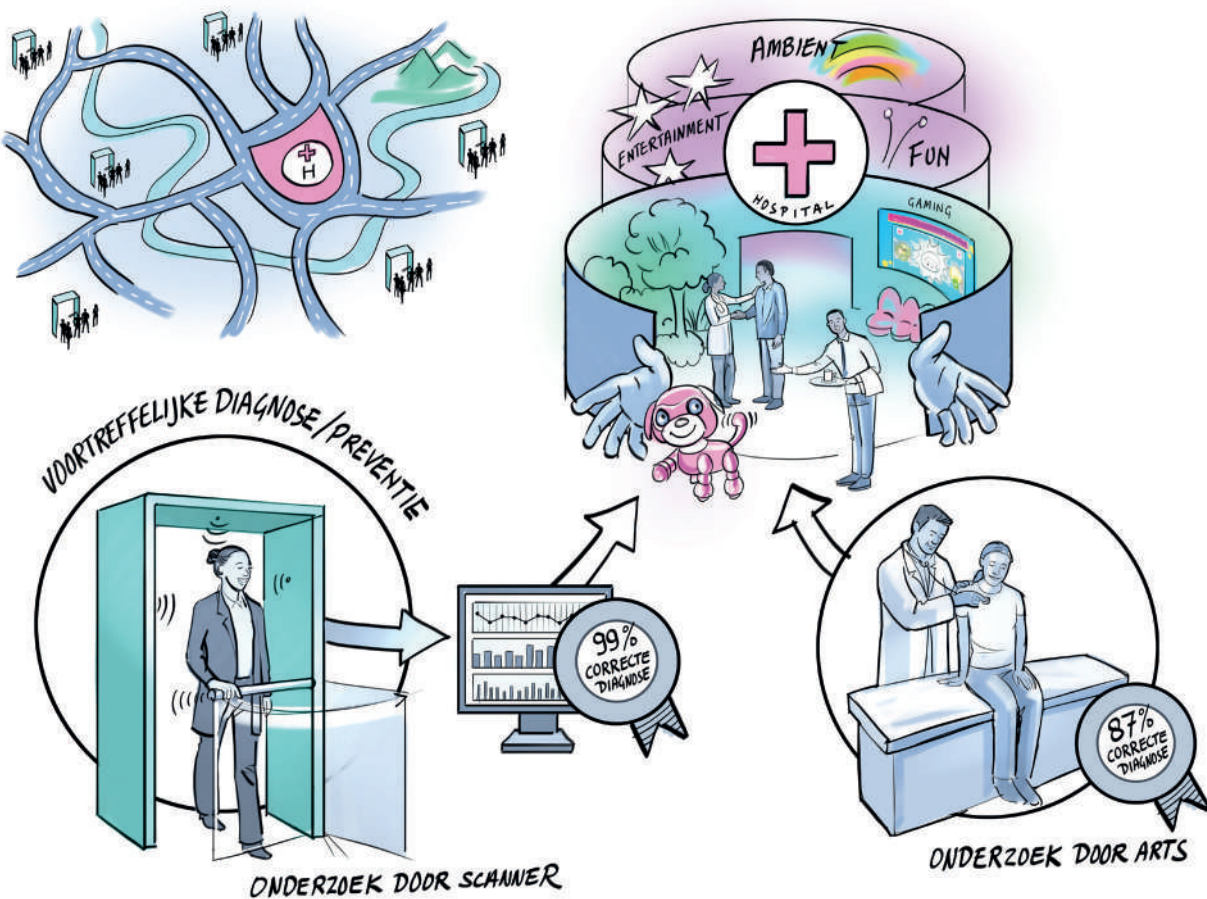
During work sessions, participants were asked to share their ideas and thoughts about the future of healthcare as freely as possible. The results

of these sessions have been expressed in the Future Health Speech. It has been drawn up to be presented again in 2040. In the present, 'reason' serves as inspiration to innovate and stimulate discussion about the future of healthcare - because we all contribute to a healthy society.

The teenagers have also come up with concrete solutions that will have a positive impact on the healthcare of the future. These ideas have been visualized and you will come across these while reading.

Get to know healthcare in 2040 through the eyes of teenagers!





Hospital booth

Accessible hospital booths for self-diagnosis, to take off work pressure in hospitals.

Hello future, hello present

Hello people in the year 2040... this is the future generation of thirty-somethings speaking to you from the year 2021. We, teenagers from 2021, have been thinking about the healthcare of the future. For you, that is not the future but the present: the year 2040. We wonder what will change between 2021 and 2040. What will healthcare look like and which aspects of healthcare will be completely different or outdated in the future?

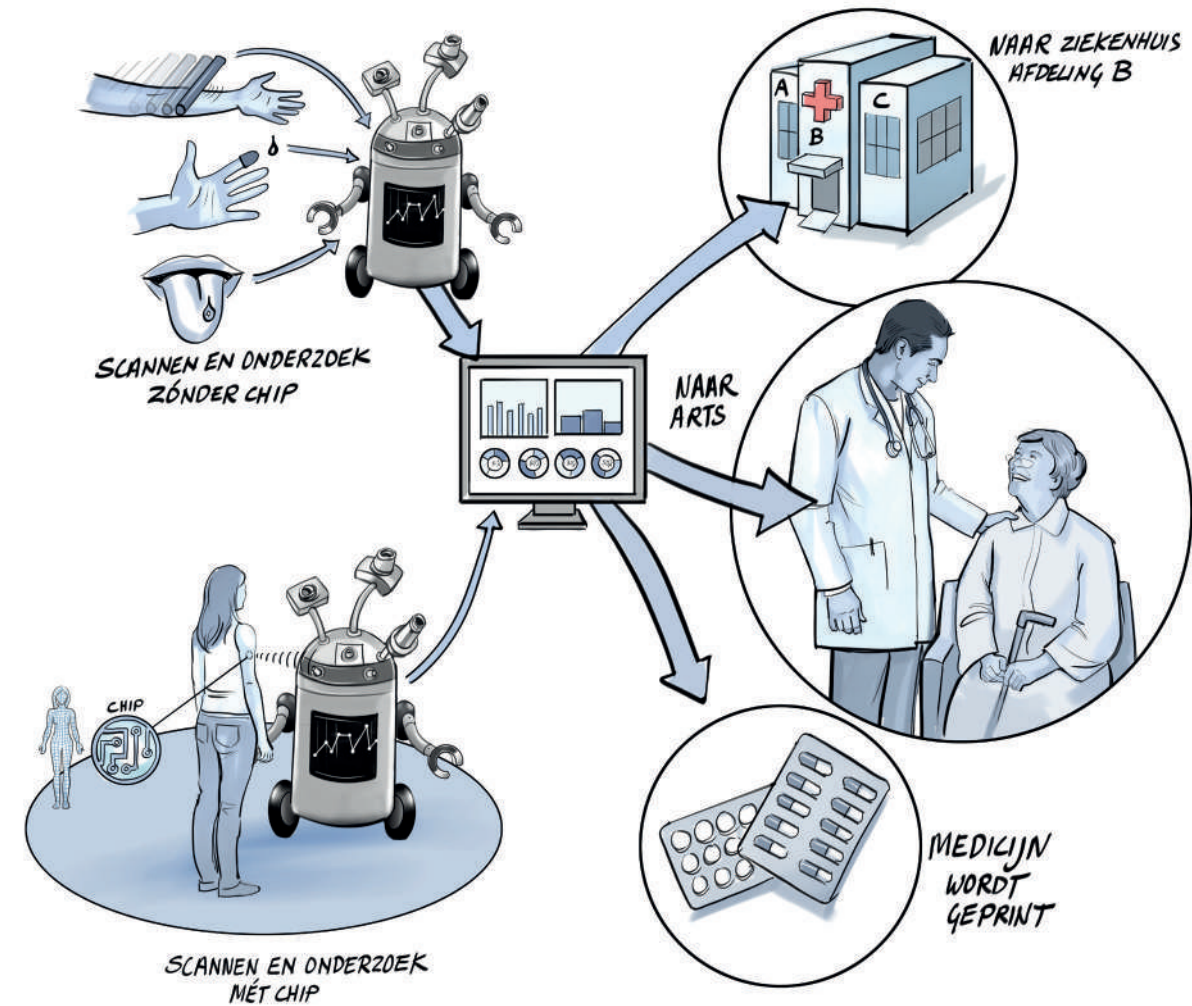
The year 2040 seems very far away for us. A year about which we can dream, but can hardly imagine. Still, it is important to think about the future of healthcare. In 2021, that has become clearer than ever. We are currently in a unique situation due to a pandemic. This is a very difficult time for us teenagers in particular. You will probably have heard about that during history lessons in 2040. While we think about the future of healthcare, that same healthcare is currently working very hard to help the many sick people. And that is precisely what gives us food for thought about the future of healthcare.

Unique situation

The pandemic has made many things clear, such as how important it is to be healthy, live healthy lives and stay healthy. In the past, being healthy was sometimes taken for granted. But the virus has made us more aware of what health really means. During the pandemic, hospitals worldwide were at capacity. Everyone was talking about health, including in the Netherlands. It became clear how many people had a chronic illness, and how quickly hospitals were no longer able to handle the care. We became more familiar with the word 'quarantine' than we would have liked.

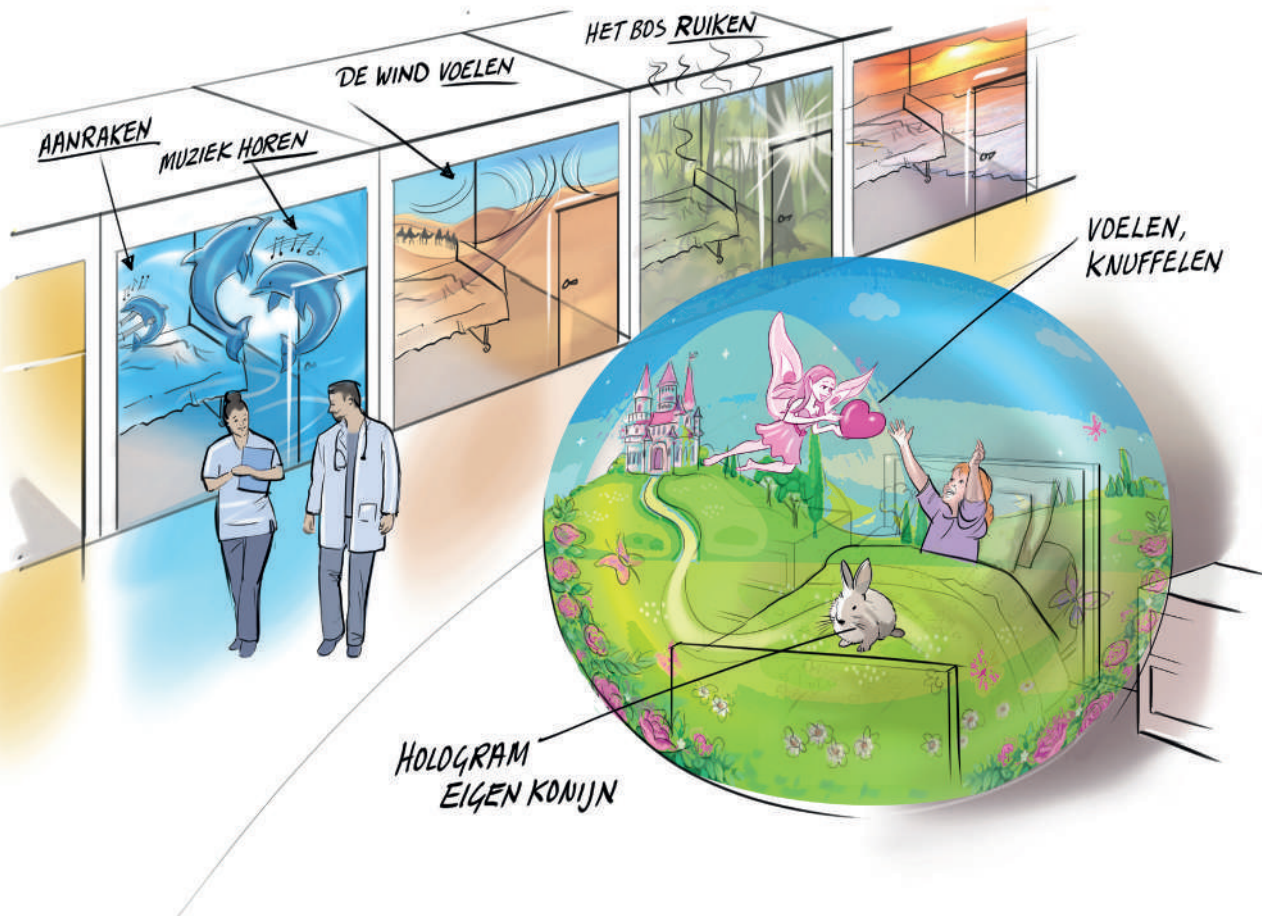
We hope we learn something from the pandemic. That healthcare will be even better in the future, and truly accessible to everyone. That everyone realizes that working on your own health is important, and that a pandemic like the one we have experienced will no longer affect future generations. We hope for a future in which care, technology and science are so advanced that pandemics no longer exist and healthcare is even better. For everyone! For in 2021 it has become clear: we should never take health for granted.

“In 2040, you will be able to predict what kind of disease you will get, and something will be done about it immediately”



The doctor of the future

Smart robots unburden the doctors to take away work pressure.



Feel at home at the hospital

Simulator that makes the dream world of patients come true, to help them through the rough time.

What will change and what will not?

In some areas, healthcare will not change that much at all. While technology will increasingly help people to do things better, faster and smarter, people will still be needed to make contact and show compassion. That will remain extremely important, like it is now. Empathy definitely cannot be replaced by technology.

We think that some aspects of healthcare in 2021 will be considered strange by people living in 2040. Sick people are only diagnosed when they feel sick. Sometimes, there are even waiting lists in healthcare. We do not keep track of our health on a daily basis in 2021. We do not exercise enough, and eat unhealthy things. People could be stimulated much more to live healthier lives. In 2021, we have the old-fashioned internet. Very modern at the time, but it also contains incorrect information that could mislead people. In 2021, mental health problems are putting a lot of pressure on healthcare. Many people are ashamed about having psychological complaints. What it comes down to is that, in 2021, we can conclude that healthcare is something that we mainly think about when we get sick.

The future of healthcare is different. In 2040, everyone will have a virtual copy of their own body. We will print all organs, and machines will make our blood. Donors are no longer needed. Medication is personalized by computers that assess which substances are required to get you

better. Information on health is understandable to everyone, and is based on your own body and lifestyle. Operations are often done at home by nanorobots, and are less invasive. Jewelry and smart clothing monitor people's health remotely. The healthcare of the future will mainly be aimed at preventing people from getting sick.

“As human beings, we should not want to be immortal. The fact that it will someday come to an end is what makes your life unique”

In 2040, we will be able to prevent many diseases, and will need to cure less. Cancer, Alzheimer's, diabetes and many more diseases that we know today will be resolved by 2040. But at the same time, new diseases will be emerging. In the future, being sick will be part of life. Fortunately, we will look at health and a healthy lifestyle very differently. The future of our healthcare is inspiring and hopeful! Let's think about it some more.

Part 1.

Healthy living in 2040

In 2040, society will deal with health very differently. In fact, the world will have turned around. In 2021, an unhealthy lifestyle was the simplest and most accessible. In 2040, that will be the other way around. We will no longer have to put as much thought into a healthy lifestyle. People do not want to have to do that; They just want to live their lives without having to worry about their health. That will have been arranged in the society of 2040: a healthy lifestyle will be convenient, and being healthy the result.

Children and teenagers will be taught more about a healthy lifestyle. Food will be healthy as a matter of course. It will be attuned to what is good for your own body and mind. Unhealthy food will no longer exist. In 2040, a healthy lifestyle will still be a choice, and an unhealthy lifestyle will be the most expensive choice. Healthy alternatives will have been created for the tasty, unhealthy things from the year 2021. We will have succeeded in making all the tasty, but often unhealthy food from 2021 healthy. There will be bananas that taste like hamburgers, for example. The air in our cities and towns will no longer be polluted. We will exercise more to do things, or to get somewhere. A healthy lifestyle will be rewarded.

“In 2040, having a healthy lifestyle will be simple. You do not have to think about it, because everything you eat or do is healthy”

People will be aware that health is not just physical, and that mental health is just as important. Good mental health contributes to a faster recovery from or even prevention of illness. Nobody is afraid to talk about psychological problems. Society allows everyone to be who they want to be. There will be less stress, and people will have a positive self-image. In 2040, we will know much more about body and mind, and how they jointly affect our health. Mental health will be just as important as physical health.

In 2040, a healthy lifestyle will be mainly about preventing people from getting sick. Smart computers will assist people in this. In 2040, getting your DNA checked will be the most natural thing in the world. This will make it possible to predict and prevent illness. In addition to the advantages, predicting illness has disadvantages. Modifying human DNA can be dangerous. Where do we draw the line? In 2040, the discussion about what we can and should do with DNA will be more topical than ever.

Technology will have merged into our environment in such a way that we no longer see it. It will have become much simpler and cheaper, which will have made it accessible to everyone. It helps people to live healthy lives. For example, our digital health diary will know whether we are doing the right things for our health. Sensors will help us to be and stay healthy. We will get tips, and be rewarded when we do things that are good for us. Keeping track of your own health will be done in a simple and understandable way. Everyone will be constantly aware of how their bodies and minds are doing.

“In the future, it will be possible to prevent many diseases with equipment that can indicate what we should take or do in order to prevent illness”

Part 2.

Being ill in the future

In 2040, we will be able to better combat the disadvantages of being ill. In 2040, it won't be a surprise if you become ill. It will have been predicted, and doctors will be prepared and ready for you. This will make it possible to plan the care efficiently as well.

"A doctor or nurse can show compassion, a computer cannot, even in the future"

In 2040, healthcare will be provided remotely as much as possible. Hospitals will be small buildings, with specialist doctors. They will be able to provide very difficult treatments that cannot be provided at home. In hospitals, surgeries will be performed by robots. People will be able to choose whether they want to be helped by a robot or by a human. Most people will choose the robot. Doctors and nurses are there for contact with people, and to monitor and control the robots. There will be robots that are so small that they can perform surgery inside the body. As a result, people will recover much faster.

"Human emotions are unique. Therefore, we will divide work between robots and doctors in the future"

In the future, people will prefer to be treated at home. They will have that choice in 2040. Contact with people with the same condition will continue to be important. People always want to talk to each other, and exchange experiences. Rather than sharing your experiences with other patients in the hospital, this will be done through virtual groups. This is done via smart glasses, rather than through screens. You will even be able to share emotions digitally, because that is important when you are ill. Patients and family can also talk to computers or ask questions, so you always have somewhere to turn to if you have questions or need help.

In the future, we will be less likely to become ill, and when we do become ill, we will get better much faster. There will be smart medications, and treatments with technology that accelerate recovery. If you break your leg, it can be taped,

and you will be able to go home. Plaster casts will no longer exist. Ambulances of the future will drive themselves and choose the hospital, or bring the patient home to be treated there. People will mainly be helped before they become ill. There will be scans at shops and airports that, as you walk through, check your health immediately, and notify you if something is not right. We will have much more and better information about being ill, and will have it at a much earlier stage. We will be able to make the diagnosis very simply at home, and get into contact with doctors who will explain things further. Those doctors can also be computers that look just like a doctor. In 2040, talking about your health with a computer will be completely normal.

Part 3.

Will the future really be that different?

Looking at future healthcare, there will certainly be a lot of changes. Do we really want that? And how do we achieve that in the 19 years to 2040? Remote care, people who can do more themselves, or even technology in the body. Technology will become increasingly important. However, that also makes us vulnerable. Hackers will be able to attack us through technology in the body. That will be a reality in the future. These are scary visions of the future.

Will computers be able to understand people's emotions well? This is especially important in healthcare. Do we want computers to make decisions about our health? There are already so many questions that arise from new technological possibilities, and those will only have increased by 2040. Should we be allowed to make people stronger, faster, smarter or healthier by interfering with their DNA? We do not have the answer yet, but hopefully, we will know where we are in terms of development by 2040. Will there be robot people then, will we have stopped growing old, and will we even have defeated death?

“Sometimes it is pretty scary, all that technology in healthcare. After all, many diseases are similar, and we wonder whether all those technologies will be able to spot the differences”



SmartCutlery®

Healthy eating with the sensation of the food you want to eat through smart cutlery.

What we see happening for the future of healthcare is that, by 2040, people, technology and science will work together in the best possible way. Although, by 2040, technology will be everywhere in healthcare, technology will not do everything alone. Doctors will work together with machines and computers. The computer will be the doctor's colleague, the patient's supervisor, and the family's source of information.

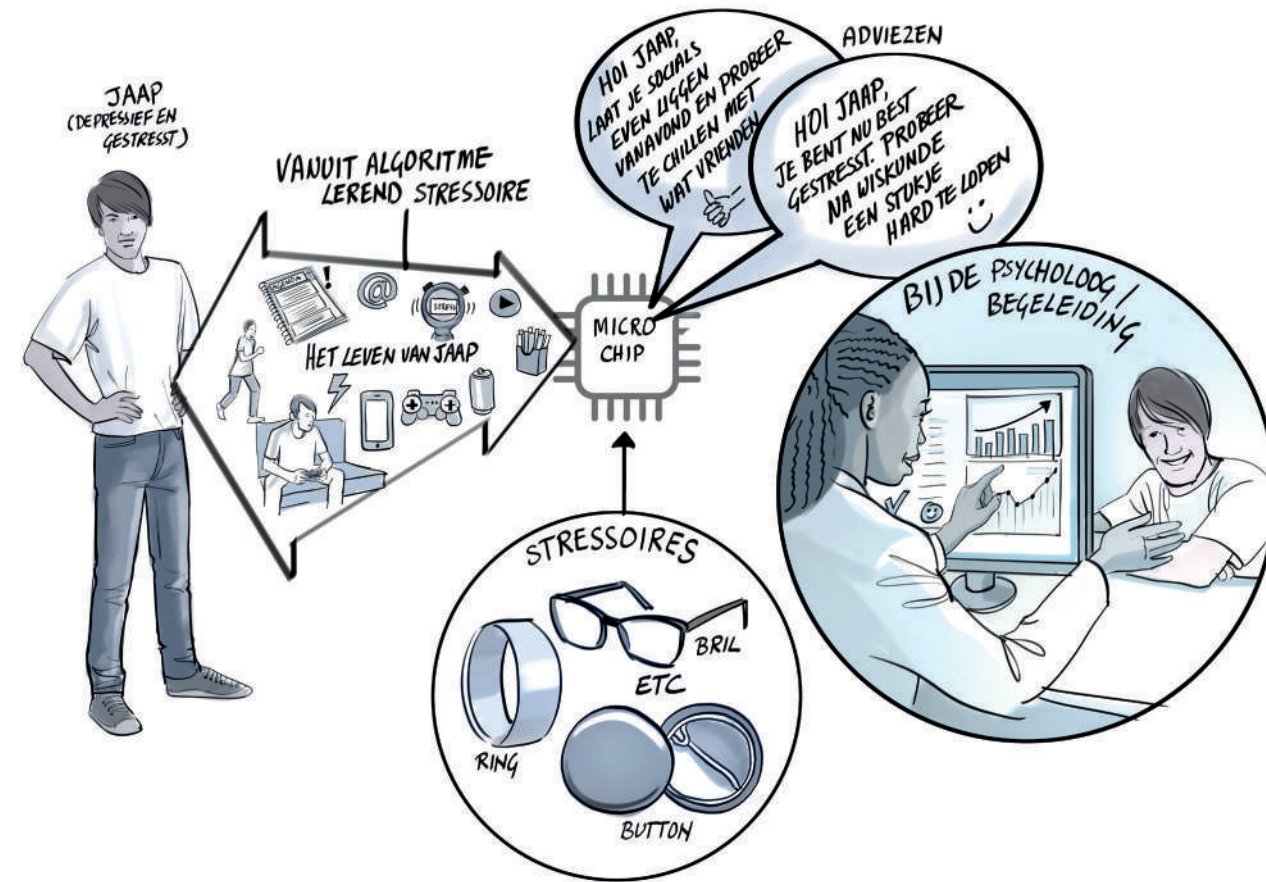
"In 2040, people will rather have a human at their bedside than just a robot"

In 2040, we will be ill less often, but not immortal. Just like a computer, we will have a kind of charger that will make us less tired. Everything will be personalized and tailored to your own health. We will lose less time in life being ill. This will allow us to live life more fully, and do more. The future of healthcare will ensure that we can make the most of our time on Earth.

Advice for the future of healthcare

Our future for healthcare demands a lot from people who work in healthcare. Things that are normal now will become different. That is difficult. However, our visions of the future actually require everyone to do things differently. We will have to discover and try new things together. If our ideas become reality, everyone in society must be prepared for it. Healthcare for the future is important to everyone, and everyone contributes to it.

"For the future of healthcare, we must all be open to everything, even if it is exciting and scary. That is necessary to achieve new things that improve healthcare"



Stressoire

Fashion accessories that help the user cope with and reduce stress.

Our advice for the future of healthcare is:

1. There are a lot of new possibilities for healthcare. When it comes to people's health, it is always important to remain critical, rather than just doing and accepting everything.
2. Use even more technology and devices in healthcare, but make sure people never leave the healthcare profession. We cannot do without human care.
3. Invest in good medications that are accessible and affordable for everyone.
4. Make access to care much easier for everyone.
5. Do more research into the use of technology in healthcare. Ensure that technologies can be deployed safely. Beware of hackers in healthcare.
6. Prepare doctors of the future for collaboration with technology and smart machines.
7. Ensure the world is better prepared for pandemics. Ensure that plans and resources are in place if another pandemic threatens.
8. Start a dialogue with the world about the boundaries of technology in healthcare. Some new things are scary, do we actually want that?
9. Make sure a healthy lifestyle is integrated into every aspect of society. A healthy lifestyle is key, and you should encourage and reward that.

Colophon:

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