

# Fit for the Future

**The 10 year plan was published on the NHS' 77th birthday following a period of extensive engagement with the public and staff about what matters to them.**

- There were over 270,000 contributions, through a range of deliberative events and web submissions.
- The plan is refreshingly ambitious, with digital transformation and innovation at its heart.
- Worth reading at least the Executive Summary and a good one pager has been produced by CF (Carnall Farrar).

## FIT FOR THE FUTURE

10 Year Health Plan  
for England



# The 3 shifts

## From hospital to community:

the neighbourhood health service,  
designed around you

## From analogue to digital:

power in your hands

## From sickness to prevention:

power to make the healthy choice



“At its core, the **neighbourhood health service** will embody our new preventative principle that care should happen as locally as it can: **digitally by default, in a patient’s home if possible, in a neighbourhood health centre when needed, in a hospital if necessary**”

Fit for the  
Future:  
July 2025

# Expanding hospital at home:

“The NHS is beginning to harness the opportunities these technologies offer, but it needs to go further.

The **virtual wards programme, scaled-up during the pandemic, has changed the model of care**, by allowing patients who would otherwise have needed to be in hospital to stay at home while they are remotely monitored by their care team. When people need help, teams respond proactively.

**In the first 3 years of this Plan, we will expand hospital at home programmes and expand National Institute for Health and Care Excellence’s (NICE) digital programme to consider more medical-grade wearables”**

# Heart Disease

“Our immediate ambition is to **make remote monitoring for cardiovascular disease** - using wearables and similar devices integrated into the NHS App - **a standard part of NHS care by 2028.**

By empowering patients with real-time, actionable health insights and seamless connectivity to their clinical teams, we will enable **proactive self-management, earlier intervention, and ultimately better health outcomes** for millions across England.”



## Funding

Year of Care funding readily incentivises imaginative solutions - including tech enabled pathways



## Wearables

To ensure fair and equitable access, we will **make wearables available for patients who need them**. Building on the success of the Wolverhampton Prevention Pilot, we will work with innovators to launch trials for real-world evaluation and the development of the next generation of wearable technology. Devices will be provided free of charge in areas where health needs and deprivation are highest.

# The Future ...



- Build on our platform of VWs
- Home monitoring for those at highest risk of admission due to multiple/severe LTCs such as cardiac/respiratory
- This is the focus of digital neighbourhood health