



FOUNDERS FORUM HEALTHTECH

2019 Executive Summary

Human Beings, Human Brains, Human Behaviors

Compiled by Founders Intelligence



June 11 2019

Havas KX, Pancras Square, London





FOUNDERS FORUM HEALTHTECH 2019

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FOUNDERS FORUM HEALTHTECH

It was a great pleasure to welcome you to the 2019 Founders Forum HealthTech. Co-hosted by Simon Stevens (CEO, NHS England), Dr Jack Kreindler (Founder, CHHP), Donna Murphy (CEO, Havas Health & You) and Dr Vernon Bainton (CMO, Havas Lynx), supported by our international Advisory Board who have helped curate and chair this special annual gathering, and, of course our sponsors Havas Health & You, Oracle, WSGR & the Financial Times.

Founders Forum HealthTech is dedicated to bringing together the world's most celebrated scientists, doctors, medical researchers, Medtech entrepreneurs, investors, policy makers and senior executives from the healthcare industry. We provide a platform to drive meaningful conversation and action on the future of HealthTech and breakthrough technologies.



HealthTech 2019: ***Human Brains, Human Behaviours & Human Beings.***

Our panel of experts and guest keynotes explored how neuroscience, technology, medicine, philosophy and the arts are joining forces to help us maintain the health of our brains and the wellness of our minds throughout our lives, especially as we push on the barriers of human longevity. As ever, pioneers from across the globe shared their vision and debated the latest trends across the full spectrum of health and medical technology developments.

We hope that you felt inspired and energised to accelerate innovation in your fields by exploring barriers and solutions that can truly transform individual patient lives through to national healthcare systems.



FOUNDERS
INTELLIGENCE

Founders Intelligence is the strategy consultancy of Founders Forum.

We help corporates navigate new business opportunities, build innovation capability, and create partnerships with high-growth tech companies.

Strategy

Build the strategies that allow our clients to create the growth in their industries.

Organisation

Define the structures, teams, culture and processes to deliver digital strategy and innovation.

Execution

Support rapid execution of strategic opportunities through partnership, build, and investment.

Selected clients:



TO LEARN MORE PLEASE CONTACT:
Rob Chapman, Managing Partner
rob@ff.co





MIND THE GAP: THE END OF TABOO, FACING HEALTHCARE'S GREAT UNSPOKEN ISSUE
Michael Acton-Smith, Calm.com; Ruby Wax, Frazzled Cafe; Victoria Hornby, Mental Health Innovations;
Moderated by Martha Lane-Fox; Founder, Dot Everyone



FIRESIDE CHAT:
Dr Jack Kreindler in conversation with Simon Stevens, NHS England



TIME TO CHANGE OUR MINDS: THE PSYCHEDELIC REVOLUTION & VIEWS FROM THOSE DRIVING IT
Dr Anja Loizaga-Velder, Institute for Intercultural Medicine Nierika; Christian Angermayer, Apeiron Investment Group; Dr Robin Carhart – Harris, Imperial College London; Moderated by Delara Chizari, Psykia Institute

THE WOMEN INVESTING IN HEALTH TECH
Juliet Bailin, Mosaic Ventures; Lina Wenner, firstminute capital; Sophie Ehrlich, Silicon Valley Bank; Moderated by Dr Jordan Shlain, Private Medical



FORAYS INTO THE FUTURE:
Edouard Gasser, Tilak Healthcare



WHY WE SLEEP & CAN WE HACK IT? THE WORLD'S BEST REGENERATIVE MEDICINE CLINIC IS THE ONE WE CAN VISIT FOR 8HR EVERY NIGHT
Bob Wainwright, Havas Health & You; Dr Guy Leschziner, Guy's & St Thomas' National Foundation Trust; Dr Katharina Lederle, Somnia; Moderated by Dr Vernon Bainton, Havas Lynx Group

CLOSING KEYNOTE: LIVING WITH TECHNOLOGY HOPE AND ALS
Godfrey Nazareth, X – Biomedical Inc.



HEALTHTECH FORUM 2018 HIGHLIGHTS



GOLDBLOCKS INFORMATION

As healthcare, science, and technology continue to converge, healthcare systems (doctors, science, patients) are experiencing challenges to keep up with the pace of change. We are seeing positive steps forwards in terms of accessibility and affordability in data collection to feed these advances, but we must ensure we are not leading to “death by data.”

- Medicine of today and tomorrow is necessarily data driven – we are seeing a convergence of biology and computer science with the continued rise of synthetic biology. With newfound power in computing it will be possible to bring diagnosis to everyone, accelerate drug discovery, shorten clinical trials using digital twins and predictive medicine often driven by the development of digital biomarkers. But, all of these advances require data which is why we are seeing a greater emphasis on places with centralised EMRs like Israel, and some hospital systems in India.
- More tech, more science and more data is yielding new solutions and applications for doctors with the assumption that more information and choices are better. However some critics agree that too much information and tools are actually crippling doctors to rely on scans, graphs and AI to make decisions. The pace of change is also accelerating, with more drugs approved this year than in the last 20 years.
- Discussions about machine learning found that it’s largely application agnostic. For example some are using games as a test base and using game play data to build the ML engine for drug discovery. With data sources being the central focus in these conversations, creative ways have been found to address the access to data dilemma and it is becoming clear that the best datasets are now in China.
- 26 drugs were approved by the FDA last year with 492 new indications submitted, but science and healthcare doesn’t work as fast as a 24hr news cycle. We are seeing a disconnect between the discovery and tools being made available and the ability of healthcare systems to adapt. Some argue that the way to solve this is to add more technology to facilitate decision making and to give more decision-making power back to patients.

“We are in a perfect storm now – a transitional period and we have all the technologies to generate data, but we are not at a stage at which technologies are helping us make the most of data”





RESHAPING THE HEALTHCARE INDUSTRY

Whilst we are seeing the clash between the *“move-fast and break things”* culture of Silicon Valley and the inward-looking NHS, technology entrepreneurs are driving change. The focus on customer centricity that is present in start-ups is now entering the centre stage in health technology.

- Patients now take a more active role in healthcare especially as healthcare shifts focus to preventative medicine. Access to personalized data and new tools available has led to a shift in healthcare systems from treating diseases to preventing diseases in the long term. With high rates of adoption from patients and noticeable lifestyle changes, many of these tools need buy-in, development and deployment from stakeholders across the healthcare ecosystem.
- Tech companies are known for their user-centric approach and have successfully built user experiences based on validated learnings and Medtech companies are no exception. Healthcare providers need to consider the patient journey and provide experiences tailored to their needs. Additionally, tech firms are known for constantly iterating their products based on real-time feedback. In an ideal world, every treatment should generate data and be captured for future improvements.
- The only way to drive change is to align players across academia, healthcare and private sector. The transformation of healthcare in the digital age appears much more complex than in other industries. While players are looking to optimise clinical trials, access to new types of medicines (apps, psychedelics), and understand the flood of new diagnostic tools (DNA based? Microbiome? At home testing?) it is particularly important to address inefficiencies and bottlenecks. With the complexity of current processes and clinical trials, being creative with the use of ‘digital twins’ can be a solution.
- As AI, ML, and wearables become omnipresent we must think of the future as human + machine instead of human vs machine. Adoption of wearables is on the rise, diagnostic tools are moving to mobile, while implantable monitors and advanced imaging create new opportunities for understanding the body. By using mobile phones scanning for early detection, some say we might be able to screen the entire population UK for Parkinsons at virtually zero cost. Although these wearable technologies and monitors are becoming more accessible, we must be mindful not to exclude any segments of the population due to lack of access to some of these tools.

“In 50 years we’ll be in a world where patients are responsible for their own healthcare, and own their data – the consultant doctor will only consult.”



UNDERSTANDING THE MIND

The normalisation of mental health conversations are at an all-time high point opening minds to mindfulness, psychedelics and entirely new approaches to manage patient wellbeing.

- As it stands in 2019 we have made strides in normalizing mental health conversations, but the challenge now is to scale access to treatment. We have seen that the most impactful and scalable way to move the needle has been through technology. New technologies provide avenues where patients can monitor their progress, have greater access to support and can use a variety of tools to address their personal needs. However, while technology provides many new opportunities, the human-human component remains crucial for effective long-term treatment.
- We are also seeing a more open mind from regulators and doctors to new types of therapies including psychedelics. Medicine is in its third wave of discovery. Some argued that there is no other class of medicines that have a higher potential for impact and potential to change how we choose to structure society. Top researchers in the field argue it will become important to think of psychedelics as a complementary tool in the therapists' toolbox. Balancing the pharmacological usage of psychedelics with a respect for its indigenous heritage can ensure a philosophy of reciprocity.
- We have gained new understanding of mental wellbeing. With new research reaching wider audiences, a greater emphasis is placed on the importance of sleep, emotional intelligence, and managing your overall wellness. Guided meditations, virtual appointments and trackers offer support to millions who otherwise wouldn't have access to care. The meditation app Calm.com, was valued at \$250M following enormous growth in 2017 with over 50M downloads leading the way for more mental health digital support.
- While medtech founders are looking to mobile solutions to offer more reliable and accessible care, a full lifestyle overhaul is needed. With overloaded healthcare systems unable to cope with growing demands, mental health professionals have bridges the gap to enter the workplace and schools, bringing new tools and techniques with them. With patients citing work and stress as contributors to mental health concerns, physicians and founders are bringing to solutions to the root of the problem.

“Physical and mental health are not two things, they are one thing and we need to start seeing it as one thing, health.”



ACTIONS FROM FOUNDERS FORUM HEALTHTECH 2019

FOR FOUNDERS

- Understand the stakeholders that will unlock access to the market upfront and their barriers
- Play an active role in engaging regulators, build trust and provide education
- Diverse teams are better teams – ensure you have different types of experience and depth of knowledge within your team

FOR INVESTORS

- Be a bridge between the healthcare ecosystem, government, and tech – this is the most impactful way to help your portfolio companies
- Be proactive about thinking of the ethical implications of your investments & mandates
- Facilitate avenues for your companies to prove their tech with smaller pilot studies and use cases.

FOR DOCTORS

- Engage with more digital tools in your practice as a way to scale your therapy and embrace the human + machine paradigm in a way that complements your practice (e.g. app prescriptions)
- Engage with patients as key decision makers and empower them to understand their own data
- Consider the role of the mind, mental health, and monitoring as we move towards preventive medicine

FOR THE PUBLIC SECTOR

- Ensure there is a balance between ability of new technology to drive scale and safety. Facilitate market entry for technology with clear use cases like mental health apps.
- Democratize access to clinical trials – Create a parallel processes for safe & iterative clinical trials that are affordable
- Loop in innovators early on to be prepared for when technology reaches maturity





FORUM AGENDA



HAVAS OPENING KEYNOTE

A word from Yannick Bolloré, HAVAS Group; & Matt Hancock, UK Government

MAKING THE JUMP TO 'LIFE SPEED': STOPPING BIOLOGY'S CLOCK

Dr Alex Zhavoronkov, Insilico Medicine; Dr Aubrey de Grey, SENS Research Foundation; Dr James Peyer, Kronos BioVentures; Professor Lynne Cox, University of Oxford; Moderated by Jim Mellon, Burnbrae

PUTTING TRIALS ON TRIAL: HOW THE WORLD IS RADICALLY CHANGING HOW WE FIND AND TEST NEW DRUGS

Michelle Longmire, Medable; Parker Moss, Owkin; Todd Meyerrose, Navio; Moderated by Lord James O'Shaughnessy, House of Lords

MIND THE GAP: THE END OF TABOO, THE START OF FACING HEALTHCARE'S GREAT UNSPOKEN ISSUE

Michael Acton-Smith, Calm.com; Ruby Wax, Frazzled Cafe; Victoria Hornby, Mental Health Innovations; Moderated by Martha Lane-Fox, Founder Dot Everyone

HEALTH, CULTURE, AND BRANDS: MAKING MEANINGFUL CONNECTIONS IN THE MODERN WORLD

Brad Davidson, PhD, Havas Health & You; Mark Chakravarty, Novartis; Moderated by Donna Murphy, Havas Health & You

BREAKING THE HUMAN PERFORMANCE BARRIER: THE SCIENCE & TECHNOLOGY OF BOPPING TILL YOU DROP

Professor Greg Whyte, CHHP; Helene Guillaume, WILD.AI; Saeju Jeong, Noom Inc.; Moderated by Joao Medeiros, WIRED

TIME TO CHANGE OUR MINDS: THE PSYCHEDELIC REVOLUTION & VIEWS FROM THOSE DRIVING IT

Dr Anja Loizaga-Velder, Institute for Intercultural Medicine Nierika; Christian Angermayer, Apeiron Investment Group; Dr Robin Carhart – Harris, Imperial College London; Moderated by Delara Chizari, Psykia Institute

REWIRING OURSELVES: THE SCIENCE & TECHNOLOGY OF CHANGING THE WAY WE THINK, FEEL AND DO

Dr Cosima Gretton, Mindstrong; Jana Eggers, Nara Logics; Khaliya, Falkora; Moderated by Dr Arshya Vehabzadeh, BrainPower

AI HAS LANDED: HOW LONG WILL PLANET MEDICINE TAKE TO CHANGE?

Dan Vahdat, Medopad; Eyal Gura, Zebra Medical Vision; Professor Noor Shaker, GTN; Moderated by Ralph Simon, Mobilium Global

FORAYS INTO THE FUTURE

Ailis Tweed-Kent, Cocoon BioTech; Peter Liu, DECancer.AI; Eric Halious, Digital Orthopaedics; Catherine Martineau-Huynh, Therapanacea; Edouard Gasser, Tilak Healthcare

FIRESIDE CHAT: DR JACK KREINDLER, CHHP IN CONVERSATION WITH SIMON STEVENS, NHS ENGLAND

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CAN DIGITAL SCALE THERAPY?

Johannes Schildt, LIVY/KRY; Konstantin Mehl, Kaia Health; Richard Andrews, Helios. Moderated by Dr Harpreet Sood, NHS Digital Academy

WHAT'S GOIN ON IN THERE?: HOW WE ARE LOOKING INSIDE OUR MINDS...

Emma Beswick, LifecodeGx; Mary Lou Jepsen, Openwater; Moderated by David Duncan, Arc Fusion

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A BIG THANK YOU TO OUR PARTNERS

Founders Forum is a platform where new ideas are brought to life. The annual HealthTech forum centers on the latest developments in medical technology and the impact of changes within wider healthcare systems.

The forum brings together experts from the private sector, academia and government to discuss debate and pioneer the future of technology in health.

Founders Forum HealthTech would not have been possible without the support of our generous sponsors.

We thank you for your support!

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theteam@ff.co

EVENT MANAGER

Olivia@ff.co

