

Empowering Health

AESGP's Vision for a Sustainable Europe

AESGP CALL TO ACTION FOR THE COMING MANDATE OF THE EUROPEAN PARLIAMENT AND EUROPEAN COMMISSION

As we prepare for the next leadership cycle in the European Parliament and Commission, AESGP calls for a commitment to a healthier Europe. Our focus is on enhancing healthcare systems, integrating personalized self-care, and empowering individuals to effectively manage their well-being.

AESGP recommends seizing the opportunities that are rooted in the economic and social value of non-prescription medicines, medical devices and food supplements¹.

Let's prioritize accessible healthcare and individual empowerment through self-care.

By enhancing healthcare infrastructure, promoting personalized self-care, and empowering individuals, we can create a Europe that prioritizes well-being and stands as a beacon of health and prosperity.

**Together,
let's build a healthier,
happier future.**



¹ www.aesgp.eu/value-of-self-care

Accessible Healthcare Solutions

1. Strengthen healthcare access across Europe by **increasing** the number of products available as **self-care**.
2. Create a **regulatory landscape that fosters switches** of prescription to non-prescription medicines, **benchmarking from other countries'** successful experiences.

3. Allow health registries to include self-care products so that **Real-World Data** can improve knowledge on treatments and find new indications of use.

4. Integrate permanent solutions on the **Medical Devices Regulation** that will stop the uncertainty in market access until there is full regulatory capacity.

Sustainable Healthcare Investment

1. Incorporate cost-effective self-care into public health strategies to **relieve pressure on healthcare systems and budgets**.
2. Invest in healthcare solutions for **self-assessment and self-treatment**, improving peoples' well-being, autonomy, and productivity.

3. Foster innovation in medical technology for **disease prevention, early diagnostics, and treatment**, while promoting **digital solutions** for personalized self-care.

4. Implement evidence-based policies in line with **Sustainable Development Goals**, balancing **environmental risks** with **social and health benefits** (accessibility and availability).

Health Education and Empowerment

1. Develop European guidelines to **improve health literacy, including communication to patients**, to promote individual and informed decision-making.

2. Empower individuals to **actively participate in their healthcare journey**, providing safe and effective products for self-assessment, self-management, and self-care.

3. **Promote healthy lifestyle choices**, such as nutrition, exercise, and addiction avoidance, while providing essential self-care skills for the different phases of life.

4. **Enable healthcare professionals** to support and advise people in taking better care of their own health with the innovative self-care tools available to them.

Supporting European Institutions

1. Contribute to a **competitive and inclusive European industrial landscape** by fostering global trade leadership and maintain Europe's **attractiveness for investment and exports**.

2. Establish a dedicated **European Parliament committee** focused on discussing and voting healthcare policies and EU health strategy.

3. Advocate for **agile regulatory frameworks** that support healthcare goals, resource efficiency, environmental sustainability, and economic growth.

4. **Support resilient value chains** by promoting circularity and socio-economic inclusivity.