

Plenary Session • September 24th

09:00 ● Opening Session

🕒 60 min 📍 Auditorium



Andrea Telo de Lima
Speaker
President of Fórum
Saúde XXI



**Adalberto Campos
Fernandes**
Speaker
Chairman of the Cascais
International Health Forum
and Professor at the National
School of Public Health



Nuno Piteira Lopes
Speaker
Mayor of Cascais



Álvaro Santos Almeida
Speaker
Executive Director of SNS

10:00 ● Building Long-Lasting Societies: Sustainability, the Economy, and Public Policy

🕒 30 min 📍 Auditorium

Opening Conference

Longevity is profoundly reshaping contemporary societies, influencing health, the economy, and social organization. This opening conference offers a strategic perspective on the impacts of increased life expectancy, exploring how to turn this phenomenon into an opportunity to promote innovation, sustainable development, and improved quality of life.



Mário Centeno
Speaker
Economist and Minister of Finance
(2015–2020)

10:30 ● Living More with Quality: What People Expect from the New Longevity

🕒 60 min 📍 Auditorium

Plenary Session 1

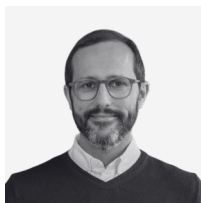
Living longer is no longer merely a quantitative achievement; above all, it is a qualitative challenge. As life expectancy increases, so do people's expectations regarding how they want to live those additional years. Health, independence, mobility, financial security, adequate housing, access to services, social participation, and emotional well-being have become central aspects of this new era of longevity. This plenary session proposes a people-centered reflection, seeking to understand how different generations view aging and what responses they expect from health systems, cities, businesses, and public policies. Emerging trends in consumption, lifestyles, and new ways of living and aging will be explored, as well as the factors that most influence the perception of quality of life over time. More than just adding years to life, the challenge lies in ensuring that those years are lived with dignity, purpose, and inclusion.



Luís Pais Antunes
Speaker
President of the Economic
and Social Council



Alejandro Lúcia Mulas
Speaker
Professor of Exercise
Physiology and Principal
Researcher at European
University of Madrid



João Machado
Commentator
Chairman of the Board of
Directors of the Ageas
Foundation



Catarina Castro
Moderator
Economist and Financial
Markets Analyst

Plenary Session • September 24th

11:30 ● **Networking**

🕒 30 min

12:00 ● **Living Longer, Living Better Starts Early: Cardiovascular Health from Preconception to Adulthood**

🕒 30 min 📍 Auditorium

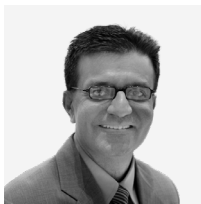
Conference

The increase in average life expectancy is one of humanity's greatest achievements. In Portugal, as in most developed countries, the number of people who may live to 100 years or more is growing, as a result of advances in medicine, public health, technological innovation and improved socioeconomic conditions. However, this achievement brings profound challenges for healthcare systems, social security, the labour market, education, urban planning and intergenerational relations.

The transition to a 100-Year Society requires a paradigm shift: more than adding years to life, it is essential to add life to years. Healthy ageing, disease prevention, the promotion of autonomy, health literacy, biomedical innovation, digital transformation, artificial intelligence and new models of care all play a central role in building more inclusive, resilient and sustainable societies.

This topic invites reflection on Portugal's preparedness to respond to the demographic, economic and social implications of longevity. Are we prepared to finance longer lives? How should healthcare and social protection systems be reorganised? What role will cities, companies, universities and families play? How can we promote longer careers, lifelong learning and new forms of civic participation?

Thinking about the 100-Year Society means anticipating the future, transforming the challenge of ageing into an opportunity to innovate public policies, strengthen social cohesion and build a development model that values every stage of life, placing healthy longevity at the centre of the national agenda.



Salim Virani

Speaker

Cardiologist, researcher, and Vice Provost for Global Research at Aga Khan University (AKU)

12:30 ● **"Longevidade" in a Changing Society**

🕒 60 min 📍 Auditorium

Plenary Session 2

The session — "Longevidade" in a Changing Society — invites reflection on the challenges and opportunities associated with increased longevity in a context of rapid social, technological, and economic change. The debate will address active aging, intergenerational relationships, innovation, health, and inclusion, promoting new perspectives on living more years with quality, participation, and a sense of community.



Manuel de Lemos

Speaker

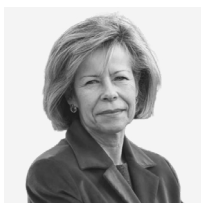
President of the União das Misericórdias Portuguesas



Peter van der Voort

Speaker

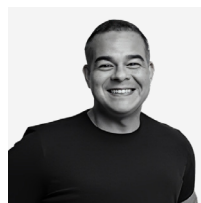
Professor TIAS School, Amsterdam



Maria de Belém Roseira

Commentator

Former Minister of Health



Bruno Pina

Moderator

CEO of European Longevity Hub

13:30 ● **Lunch**

🕒 60 min

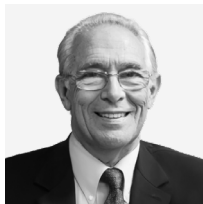
Plenary Session • September 24th

14:30 ● Living Longer, Living Better: The Challenges of Longevity

🕒 30 min 📍 Auditorium

Conference

The conference—Living Longer, Living Better: The Challenges of Longevity—invites reflection on the impact of increased life expectancy on contemporary societies. Topics such as active aging, health, innovation, the sustainability of social systems, and quality of life will be discussed, with the aim of identifying solutions that can transform longevity into an opportunity for human, social, and economic development.



Manuel Sobrinho Simões

Speaker

Researcher and University
Professor

15:00 ● Artificial Intelligence: Opportunities, Risks, and Responsibility

🕒 60 min 📍 Auditorium

Plenary Session 3

Artificial intelligence is profoundly transforming the way we live, work, and make decisions, bringing with it enormous potential for innovation, but also new risks and responsibilities. This plenary session examines the growing impact of AI on society, from its use in citizens' daily lives to its application in critical areas such as health, the economy, and governance. Key issues will be discussed, such as algorithm transparency, accountability for automated decisions, data protection, the risks of bias and inequality, as well as the role of technology companies and regulators. In a context of rapid adoption, it is important to ensure that artificial intelligence is developed and used in an ethical, safe, and people-centered manner.



António Vaz Carneiro

Speaker

President of the ISBE –
Institute for Evidence-Based
Health



Adolfo Mesquita Nunes

Speaker

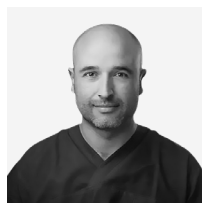
Lawyer, Partner at
Pérez-Llorca



Catarina Mascarenhas

Commentator

Consultant Lawyer at
Abreu Advogados



Pedro Gouveia

Moderator

Surgeon and Researcher
at the Champalimaud
Foundation

16:00 ● Networking

🕒 30 min

Plenary Session • September 24th

16:30 ● Longevity and Sustainability: The Challenges of the Next Decade

🕒 30 min 📍 Auditorium

Conference

Longevity is one of the most significant demographic transformations of the 21st century and represents both a civilisational achievement and one of the greatest challenges for public policy. The increase in life expectancy, combined with declining birth rates and population ageing, calls for strategic reflection on the sustainability of healthcare systems, social protection, pensions, the labour market and public finances.

Over the next decade, it will be crucial to develop models capable of reconciling longer lives with quality of life, autonomy, productivity and social inclusion. The promotion of healthy ageing, disease prevention, technological innovation, personalised medicine, artificial intelligence, digital transformation and new models of care delivery are essential factors in responding to the growing demand for healthcare without compromising economic and social sustainability.

This topic proposes an integrated analysis of the main challenges and opportunities associated with longevity, exploring the impact of demographic change on the economy, employment, education, the organisation of cities and intergenerational relations. It also addresses the need to promote public policies focused on prevention, health literacy, innovation and the creation of environments that support longer, more active and healthier lives.

Discussing the relationship between longevity and sustainability means preparing for the future by identifying innovative solutions that can transform population ageing into a driver of development, strengthening the resilience of public systems, economic competitiveness and social cohesion. The challenge of the next decade will be to ensure that living longer also means living better, with greater well-being, participation and equity.



Pedro Mota Soares

Speaker

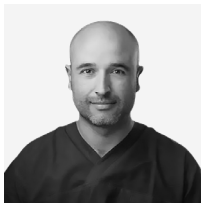
Lawyer and former Minister of Labour, Solidarity and Social Security of Portugal

17:00 ● Technology That Cares: Wearables, Telemedicine, and Home Health Care

🕒 60 min 📍 Auditorium

Plenary Session 4

Technological advancements are profoundly transforming healthcare delivery, bringing it ever closer to people. Wearables, telemedicine, and remote monitoring solutions enable real-time health tracking, help prevent complications, and promote greater independence, especially among aging populations. This plenary session explores how these technologies are redefining the role of the home as a center of care, reducing pressure on healthcare systems and improving the patient experience. It will examine challenges related to integration, digital literacy, equitable access, and data protection, as well as the potential of these solutions to create more personalized, continuous, and sustainable models of health monitoring.



Pedro Gouveia

Speaker

Surgeon and Researcher at the Champalimaud Foundation



Vítor Silva

Speaker

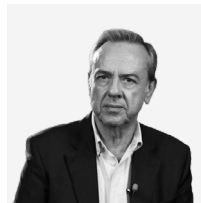
Head of Connectivity, IoT and Unified Communications Portfolio Management and Development at Vodafone Portugal



David Magboulé

Commentator

CEO of LabToMarket



José Mendes Ribeiro

Moderator

Health Economist and Manager

Parallel Sessions • September 24th

10:00 ● Personalized Prevention and the Promotion of the Healthcare of the Future

🕒 90 min

Parallel Session 1

Personalized prevention is transforming the way we promote health by combining data, genetics, lifestyle, and technology to anticipate risks and enable early intervention. This session explores innovative approaches that place the individual at the center of care, promoting healthy habits, greater autonomy, and improved health outcomes throughout life, while contributing to the long-term sustainability of healthcare systems.

● Diet, Longevity, and Sustainable Lifestyles

🕒 90 min

Parallel Session 2

Diet and lifestyle play a decisive role in promoting healthy longevity. This session explores the relationship between nutrition, disease prevention, and well-being throughout life, highlighting sustainable dietary patterns and healthy behaviors—where packaging choices also matter—as well as the environmental impact of individual choices, all of which contribute to a better quality of life and more sustainable systems.

● Social Determinants of Longevity

🕒 90 min

Parallel Session 3

Longevity is strongly influenced by social, economic, and environmental factors. This session explores how income, education, housing conditions, access to healthcare, and social networks affect health throughout life, examining inequalities and opportunities to promote greater equity, inclusion, and improved health outcomes in contemporary societies.

● Pharmacies and Community Care in an Ageing Society

🕒 90 min

Parallel Session 4

Community pharmacies play an increasingly important role in a long-lived society as accessible points of care, advice, and health services. This session explores their evolving role, highlighting new responsibilities in prevention, health management, and community support, as well as opportunities for innovation and closer engagement with citizens.

12:00 ● Who Pays for the Healthcare of the Future? Efficiency, Innovation, and Sustainability

🕒 90 min

Parallel Session 5

Discuss strategies for building more resilient healthcare systems, social protection systems, cities, and economies in response to climate change, demographic shifts, and the evolving needs of long-lived societies.

● The Gut Health of the Portuguese Population: An Unexplored Frontier

🕒 90 min

Parallel Session 6

Gut health is now recognized as a fundamental aspect of physical and emotional well-being. However, nearly 3 million Portuguese people live with persistent gut discomfort, although only 11% have a clinical diagnosis. Based on the results of the most recent Saúdes study, this session brings together experts from various medical fields and the food production sector to discuss the influence of gut health on quality of life and the role of dietary choices, prevention, and knowledge in a field that remains largely unexplored.

● Investing in Innovation in Longevity

🕒 90 min

Parallel Session 7

Reconfiguring the model for access to therapeutic innovation in line with emerging demographic trends and challenges. How can we accommodate the growing impact of innovation while ensuring efficient and equitable access?

● The data race: What Europe needs to compete with the United States in scientific innovation

🕒 90 min

Parallel Session 8

Biomedical innovation in the 21st century is no longer decided solely in laboratories – it is decided by who can transform health data into knowledge, more quickly and on a larger scale. The European Health Data Space (EHDS) emerges as Europe's regulatory response to this challenge, creating the legal framework for the secondary sharing of health data between Member States. However, the right regulation is not enough without the technical infrastructure and incentives to make it operational. This roundtable discusses whether Europe actually has what it takes to compete on a global scale, and what role the pharmaceutical industry, healthcare systems and technology partners should play in building this new economy of health research and innovation.

Parallel Sessions • September 24th

14:30 ● One Health, One Planet: Living Foods, Health for Life

90 min

Parallel Session 9

What if the secret to living longer and better lay in the way we treat the earth?

An essential conversation about the power of organic farming—which regenerates soils, water, the landscape, and biodiversity—and how healthy eating can heal our bodies and regenerate the planet. From the soil to the plate, health is one and the same.

We want to talk about:

- The Root of It All: How organic farming heals the soil and combats climate change.
- The Real Superfoods: The essential foods the human body needs to prevent disease and live longer.
- Activism on a Plate: The daily impact of living foods on human longevity and global sustainability.”

● Longevity: The Future Starts Now and It Is Global

90 min

Parallel Session 10

Longevity is one of humanity’s greatest achievements and, at the same time, one of the greatest challenges and opportunities of the 21st century. We have never lived this long, but the real question is no longer just how many years we will live, but how we want to live those years and how societies should prepare for this new reality.

Addressing this challenge requires rethinking how we organize healthcare systems, promote prevention, encourage innovation, value talent throughout all stages of life, and develop public policies capable of keeping pace with profound demographic shifts. More than a sector-specific response, longevity demands an integrated vision, grounded in collaboration among governments, businesses, academia, professionals, and civil society.

Because the future of longevity is no longer a distant scenario—it is a reality that is transforming the present. Preparing for it requires vision, collaboration, and action. After all, the future begins now.

● Integrated Care Models for Ageing Populations

90 min

Parallel Session 11

An aging population calls for more integrated, continuous, and person-centered models of care. This session explores approaches that integrate health care, social support, and community services, promoting better coordination, greater efficiency, and improved health outcomes. The focus will be on solutions that address the complex needs of aging populations.

● Architecture and Housing for Long-Lived Societies

90 min

Parallel Session 12

Smart cities play a crucial role in promoting active aging by integrating technology, urban planning, and people-centered services. This session explores solutions that enhance mobility, safety, access to healthcare, and social participation, creating more inclusive, accessible, and sustainable environments for an increasingly long-lived population.

Architecture and housing also play a central role in adapting societies to greater longevity. Smart homes and living labs are transforming the way we live and age by integrating technologies that support independence, safety, and well-being. This session explores inclusive design, accessibility, and flexible living environments that promote autonomy, security, and quality of life. It will also examine innovative housing models designed to meet the evolving needs of an older and more diverse population.

16:30 ● Intergenerational Communities

90 min

Parallel Session 13

Intergenerational communities promote coexistence and collaboration among people of different ages, strengthening social bonds and combating isolation. This session explores models that encourage the sharing of experiences, knowledge, and mutual support, contributing to greater social cohesion, inclusion, and well-being in an increasingly aging society.

● The Future Through the Eyes of the Future

90 min

Parallel Session 14

Longevity is not just a challenge for those aging today; above all, it is the ambition for a new social commitment to health and well-being that redefines the future of the country’s younger generations. Living longer and better compels us to address structural issues regarding the future of work and health policies, as well as the financial and organizational sustainability of the healthcare system itself as we know it today, opening the door to new forms of cross-sector collaboration and new models of care, always with intergenerational solidarity at the core. This parallel session reflects on the impact and challenges of longevity from the perspective of younger generations and on the solutions they propose to mitigate them. The discussion will cover the challenges of longevity, the future of leadership and team management in healthcare, the longevity of healthcare institutions in Portugal, the role of technology as a driver of transformation, equity, and efficiency, and the need for a new multidimensional and multidisciplinary approach that integrates health, social, economic, and educational responses and policies.



Parallel Sessions • September 24th

16:30 ● **Data, Interoperability, and Population Health**

🕒 90 min

Parallel Session 15

The effective use of data is essential for improving population health and supporting informed decision-making. This session explores how interoperability between systems enables the integration of information, the identification of patterns, and the development of more effective policies and interventions, while also addressing challenges related to data quality, governance, privacy, and public trust.

● **Health Insurance in an Aging Society**

🕒 90 min

Parallel Session 16

Increasing longevity presents new challenges for health insurance, requiring more sustainable, preventive, and personalized models. This session examines how the sector is adapting to an aging population, exploring innovative solutions that integrate risk management, health promotion, and new services to ensure effective coverage and long-term economic sustainability.

Plenary Sessions • September 25th

09:00 ● The Longevity Revolution in the 21st Century

🕒 30 min 📍 Auditorium

Conference

Building societies for the long term requires rethinking economic, social, and governance models. This conference examines the impact of longevity on the sustainability of public systems, economic growth, and public policy, exploring solutions that promote a balance between innovation, inclusion, productivity, and quality of life in an increasingly aging society.



Alexandre Quintanilha

Speaker

Scientist, researcher and academic

09:30 ● Health Data, Interoperability, and Trust

🕒 60 min 📍 Auditorium

Plenary Session 5

The digital transformation of healthcare depends on the ability to collect, integrate, and share data in a secure, efficient, and meaningful way. However, the fragmentation of systems and the lack of interoperability continue to limit its potential. This session addresses the role of data as a central element for better clinical decision-making, systems management, and public policy development. The session will discuss the challenges of interoperability between platforms, data quality and governance, privacy protection, and the legal framework. It will also highlight the importance of building public trust by ensuring transparency, security, and the ethical use of information in an increasingly complex digital ecosystem.



Luís Goes Pinheiro

Speaker

Chairman of the Board of Directors of SPMS



Ricardo Constantino

Speaker

Partner and Head of Health and Public Sector at NTT DATA Portugal



Sofia Marta

Commentator

CEO Google Cloud



Tamara Milagre

Moderator

President of the EVITA Patients' Association

10:30 ● Networking

🕒 30 min

Plenary Sessions • September 25th

11:00 ● The New Longevity Economy: The Largest Market of the 21st Century

🕒 30 min

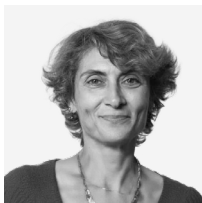
Conference

Longevity is redefining the global economy and giving rise to one of the largest markets of the 21st century. The growth of the population aged over 60, combined with increasing life expectancy, is transforming patterns of consumption, investment, innovation and service organisation, creating unprecedented opportunities for companies, governments and institutions. The so-called Longevity Economy encompasses a wide range of sectors, including healthcare, biotechnology, insurance, housing, tourism, mobility, technology, education, finance and long-term care.

Far from representing only a challenge associated with demographic ageing, longevity is an important driver of economic growth, the creation of qualified employment and the development of new products, services and business models focused on the needs of a population that lives longer, remains active for more years and has growing expectations in terms of quality of life, autonomy and well-being.

This topic invites reflection on the economic potential of longevity and on how Portugal can position itself within this emerging market by promoting innovation, entrepreneurship and investment. International trends, the role of digital transformation, artificial intelligence and personalised medicine will be analysed, as well as challenges related to financing, sustainability, workforce qualification and the adaptation of public policies.

Understanding the New Longevity Economy means recognising that population ageing is not only a pressure on social systems, but also a strategic opportunity to drive economic growth, stimulate innovation and build a more inclusive, competitive society, better prepared to respond to the needs of an increasingly long-lived population.



Nazaré Costa Cabral

Speaker

Chair of the Portuguese Public Finance Council

11:30 ● The Future of Healthcare Professionals in the Age of Technology

🕒 60 min 📍 Auditorium

Plenary Session 6

Rapid scientific and technological advances are profoundly transforming the role of healthcare professionals. New digital tools, artificial intelligence, and more integrated care models require distinct skills, greater adaptability, and collaboration within multidisciplinary teams. This session examines how to prepare professionals for this new context, from initial training to lifelong learning, as well as the impacts on work organization, leadership, and institutions. The balance between technology and the humanization of care will also be discussed, ensuring that innovation reinforces rather than replaces the relationship between professionals and patients.



João Eurico Cabral da Fonseca

Speaker

Physician, University Professor and Dean of the Faculty of Medicine of the University of Lisbon



Lourdes Martín Mendez

Speaker

Teacher at Universidade Europeia de Madrid



Orlando Monteiro da Silva

Commentator

Adviser to the Office of the Minister for Parliamentary Affairs

Plenary Sessions • September 25th

12:30 • More Years, Better Life: The Great Challenge of Healthy Longevity

30 min Auditorium

Conference

The increase in life expectancy represents one of the greatest achievements of contemporary society. However, the real challenge is no longer simply to live more years, but to ensure that those years are lived with health, autonomy, functionality and quality of life.

Healthy longevity therefore emerges as a strategic priority for healthcare systems, public policies and society, requiring an approach focused on prevention, health promotion and early intervention throughout the entire life course.

In a context marked by demographic ageing and the rise of chronic diseases, it is essential to invest in healthy lifestyles, health literacy, vaccination, screening, biomedical innovation, personalised medicine, artificial intelligence and integrated care models that help preserve functional capacity and reduce disability.

The aim is to add health to years of life, promoting active, independent and socially engaged ageing.

This topic proposes a reflection on the factors that determine healthy longevity and the strategies needed to respond to the challenges of the coming decades. It will address the implications for healthcare systems, the economy, the labour market, cities and communities, as well as the role of technological innovation, scientific research and public policies in creating environments that support ageing.

More than extending life, it is important to create the conditions for people to live longer with physical, mental and social well-being. Healthy longevity is therefore one of the greatest challenges and, at the same time, one of the greatest opportunities to build more resilient, inclusive and sustainable societies.



Paulo Alexandre Sousa

Speaker

President of Santa Casa
da Misericórdia de Lisboa

13:00 • Lunch

60 min

14:00 • Demographics, Longevity, and the Sustainability of Social Security

60 min Auditorium

Plenary Session 7

Demographic aging and increased life expectancy pose profound challenges to the sustainability of social protection systems. The pressure on pensions, healthcare, and social support requires strategic reflection on financing models, intergenerational equity, and the adaptation of public policies. This plenary session analyzes the impact of longevity on public finances and the organization of Social Security, exploring future scenarios and possible reforms. Also under discussion will be the relationship between longevity and healthspan, labor market participation, and innovative solutions that ensure more resilient, sustainable systems adapted to new demographic dynamics.



Maria João Valente Rosa

Speaker

Professor at the School
of Social Sciences and
Humanities of NOVA
University Lisbon (NOVA
FCSH)



Camile Giarretta Sachetti

Speaker

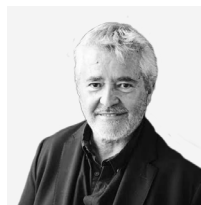
Head of the Fiocruz
Representation in Portugal



Margarida Corrêa de Aguiar

Commentator

Economist, Former
President of ASF –
Insurance and Pension
Funds Supervisory Authority



Álvaro Beleza

Moderator

President of SEDES

Plenary Sessions • September 25th

15:00 ● Cities, the Environment, and Quality of Life in an Aging Society

🕒 60 min 📍 Auditorium

Plenary Session 8

As societies age, the cities and environments where we live become key determinants of quality of life. Public spaces, mobility, housing, access to services, and environmental sustainability directly influence autonomy, health, and well-being throughout life. This plenary session explores how to rethink more inclusive, accessible, and resilient territories capable of meeting the needs of increasingly long-lived populations. We will discuss solutions that integrate urban planning, the environment, and innovation, promoting cities that support active aging, social participation, and a better quality of life for all generations.



Joana Cardoso Costa
Speaker
Researcher and Lecturer at the University of Coimbra



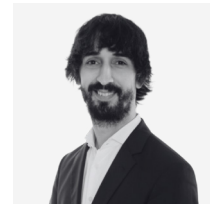
Pedro Morais Soares
Orador
Councillor of Cascais Municipal Council



Paulo Morgado
Commentator
Professor at the Institute of Geography and Spatial Planning



Diogo Henriques
Moderator
Partner at Deloitte Portugal



Nuno Cardoso
Moderator
Diretor Geral ANF

16:00 ● Networking

🕒 30 min

16:30 ● Development, Demographics, and Longevity: Challenges of the 21st Century

🕒 30 min 📍 Auditorium

Conference

Against a backdrop of rapid demographic and technological change, this conference invites us to reflect on how we want to live in the future. It explores scenarios for the year 2100, bringing together science, ethics, and society, and discussing the choices that will influence longevity, quality of life, the role of technology, and the balance between progress, humanity, and collective well-being.



António Vitorino
Speaker
Lawyer, Former European Commissioner, Former Director General of the International Organization for Migration (IOM), President of the National Council for Migration and Asylum

17:00 ● Closing Session

🕒 60 min 📍 Auditorium

Presided over by His Excellency the President of the Republic (to be confirmed)



António José Martins Seguro
President of the Republic

Parallel Sessions • September 25th

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- 09:00 ● Postcode and Longevity** 🕒 90 min
- Parallel Session 17**
- Where we live may be one of the strongest predictors of how long—and how well—we live. This session explores the critical intersection of geography, the social environment, and longevity, highlighting how a postcode can be as influential as biology.
- Health outcomes are not distributed equally across cities or populations. Factors such as urban design, access to healthcare, education, income, and environmental exposures create significant disparities in longevity. Why do some neighborhoods foster long, healthy lives while others systematically limit them? How do place-based inequalities intersect with gender inequalities to shape distinct health trajectories throughout life? What role do cities, governments, healthcare systems, and communities play in transforming the environments we live in so that they promote healthy aging rather than act as barriers? And how can we ensure that longevity is not a privilege determined by geography, but a shared achievement of society?
- Join us for an engaging, forward-looking discussion on how we can redesign our environments—and our systems—to support longer, healthier lives.
-
- AI, Assistive Robotics, and Care Automation** 🕒 90 min
- Parallel Session 18**
- Assistive robotics and automation are transforming healthcare delivery by supporting professionals and promoting greater patient independence. This session explores applications in both clinical and home settings, ranging from mobility assistance to repetitive tasks, while examining improvements in efficiency, quality, and safety, as well as the ethical, adoption, and integration challenges associated with healthcare systems.
-
- CEO Forum*** 🕒 90 min
- Parallel Session 19**
- The CEO Forum promotes collaboration, innovation, and strategic leadership to address the challenges facing healthcare systems. Executives explore opportunities for cooperation, digital transformation, and policy improvement. By sharing insights on human capital, technology integration, and sustainable healthcare models, leaders drive meaningful change. The forum strengthens global partnerships, ensuring resilient, patient-centered healthcare systems that can adapt to emerging health challenges.
-
- Health Literacy for Healthy Longevity** 🕒 90 min
- Parallel Session 20**
- Lifelong learning is essential to fostering adaptability, autonomy, and active participation in a constantly evolving society. This session explores continuous learning models that strengthen skills, employability, and inclusion, contributing to individual well-being and to more resilient societies that are better prepared for longevity.
-
- 11:00 ● More Years, Better Health: The Role of Public–Private Partnerships** 🕒 90 min
- Parallel Session 21**
-
- Living Longer, Living Better — Obesity: A Shared Challenge** 🕒 90 min
- Parallel Session 22**
- How can Portugal collectively turn strategy into action in the fight against obesity? A Manifesto. A movement. A moment to turn commitment into action, mobilize support, and develop more effective, equitable, and sustainable solutions in the fight against obesity.
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- The Longevity Imperative: Rethinking HTA for Innovation, Access and Competitiveness** 🕒 90 min
- Parallel Session 23**
- How health technology assessment can help Europe and Portugal deliver longer, healthier lives while strengthening innovation and economic competitiveness.
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Parallel Sessions • September 25th

11:00 ● Better Sleep for Better Living: Sleep as a Cornerstone of Healthy Longevity 90 min

Parallel Session 24

Sleep is one of the most important determinants of health throughout life, influencing cognitive function, mental health, metabolism, immunity, and the risk of chronic diseases. However, it remains one of the most overlooked factors in promoting healthspan. This session explores the scientific evidence on the impact of sleep in disease prevention, the maintenance of functional capacity, and quality of life. It also discusses clinical, behavioral, and technological strategies to promote better sleep health across all ages. In addition, the session addresses the challenges associated with contemporary lifestyles, aging, and health policies that recognize sleep as an essential investment in building a healthier, longer-lived society.

14:00 ● AI in Hospital Management: Tools You'll Want to Start Using Tomorrow 90 min

Parallel Session 25

Artificial Intelligence has evolved from a concept into a practical tool. But which applications truly add value to hospital management?

In this hands-on session, NTT DATA and Google invite participants to explore some of the most advanced AI tools—such as Gemini, NotebookLM, and AI Studio—through real-world challenges in healthcare management.

Rather than just watching demonstrations, participants will experiment, create, and test solutions to specific problems related to decision-making, data analysis, planning, reporting, and operational improvement.

A dynamic session, open to all professionals interested in understanding how to use AI in their daily work and walk away with skills that can be immediately applied to their organizations.

● Loneliness, Well-Being, and Social Capital 90 min

Parallel Session 26

Loneliness is one of the main challenges facing aging societies, with a significant impact on physical and mental health. This session explores the relationship between well-being, social networks, and social capital, analyzing strategies to promote connection, participation, and community support, thereby contributing to healthier, more integrated lives of higher quality.

● Public Policies for Longevity 90 min

Parallel Session 27

Prioritize longevity and active aging as political and cross-sectoral priorities. Reconfigure the strategic investment model to strengthen prevention and enhance the protection of the most vulnerable populations.

● Home Hospitalization and Telemonitoring: The Hospital of the Future Starts at Home 90 min

Parallel Session 28

The home is emerging as a new center of care, driven by technology, remote monitoring, and more person-centered models of healthcare delivery. This session explores how home-based care enhances independence, improves the patient experience, and increases the efficiency of healthcare systems, while examining the challenges of care integration, quality, equity, and coordination.
