



Monitor Me!

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MONITOR ME!

WHAT IS mHEALTH?

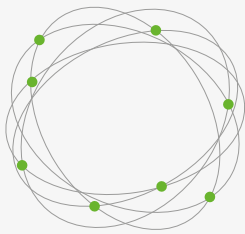
The use of mobile and wireless technologies to support the achievement of health objectives (WHO).

Source: <https://iii.hm/wq6>



The use of mobile and wireless devices to improve health outcomes, healthcare services, and health research (NIH).

Source: <https://iii.hm/wq7>



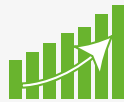
“The science of today is the technology of tomorrow.”

Edward Teller

mHEALTH FACTS

The Global Mobile Health Market is expected to grow at a CAGR of approximately **33.8%** and will reach around **\$181.52** billion by **2025**.

Source: <https://iii.hm/wq5>



There are approximately **318,000** mHealth apps available in app stores today. Over **200** apps are added each day. The primary driving factor is increased smartphone adoption and heavy investment in the digital health market.

Source: <https://iii.hm/wvi>



mHealth is a more common activity (**62%**) than online banking (**57%**), job search (**42%**) or accessing educational content (**30%**).

Source: <https://iii.hm/wvk>



74% of patients say using mobile apps, wearables, and mHealth tools helps them cope and manage their medical conditions.

Source: <https://iii.hm/wvl>



mHEALTH APP TYPES

Fitness

Lifestyle Management

Nutrition & Diet

Disease Management

Women’s Health

Medication Adherence

Healthcare Providers/Payers

Source: <https://iii.hm/wvj>



PROMISING DIGITAL HEALTHCARE IDEAS

- ✓ Artificial Intelligence
- ✓ Voice Technology
- ✓ At-Home Diagnostics
- ✓ Siteless Clinical Trials
- ✓ Digital Biomarkers
- ✓ Digital Therapeutics

Source: <https://iii.hm/wvm>



CHALLENGES OF mHEALTH IMPLEMENTATION

Usability

System Integration

Data Security and Privacy

Network Access and Quality

Reliability

Source: <https://iii.hm/wvn>

