

Mobile Health: How Does it Work?

Mobile Health, or mHealth, is the use of mobile devices and personal sensor technology in health and health care.

mHealth can help deliver better health care, improve the ability to diagnose and track disease and health risks, and empower people to better manage their own health.



Cloud Computing & Health Information Systems

Secure, cloud-based health information systems receive the collected health data and incorporate it into valuable reporting and analytics tools.

Wireless Sensors

Can be worn, implanted, and even ingested.

Wearable sensors

track health & fitness data such as heart rate.

Implantable sensors just under the skin can be used to sense compounds in the blood stream that are precursors to heart attacks.

Smartphones & Apps

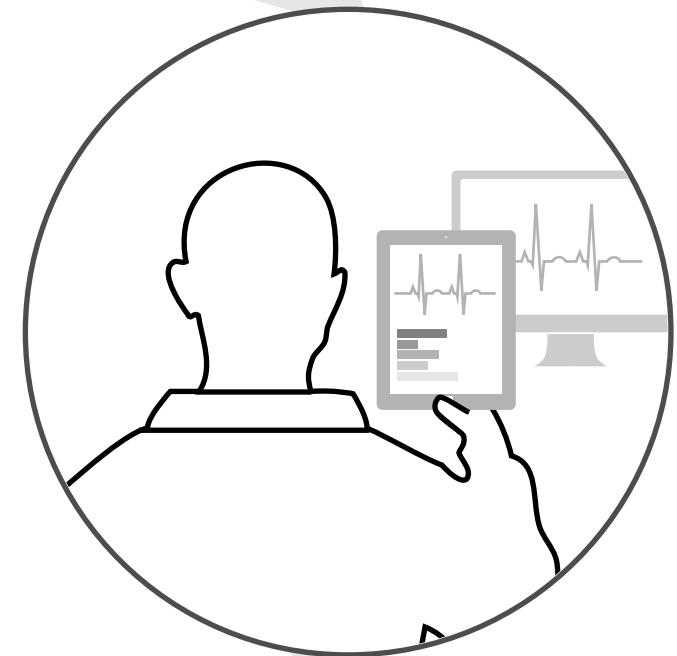
Smartphones and their associated **apps** allow for monitoring, tracking, and reporting of data collected from sensors, and transmit data via cellular networks to secure, **cloud-based health information systems**.

Mobile & Body Area Networks

BlueTooth technology similar to that used in wireless headsets is used by sensors and skin patches to transmit data, creating a "**Body Area Network**" that links to smartphones to send health data to health care services.

Ingestible sensors, activated by stomach acid, signal that medication has been taken.

Skin patches receive data from implanted and ingested sensors and transmit it to smartphones.



Doctors & Health Care Providers

Doctors and health care providers can receive vital signs remotely and wirelessly, alleviating the need to visit in-person as frequently and allowing doctors to provide instant feedback.