About mHealth

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What is mHealth?

What happens to my data?

mHealth, society and me

Being healthy is important for many people. Even though some of us tend to develop unhealthy habits, we often hope to avoid sickness as much as possible. It is, therefore, no wonder that technologies that appear to help us to lead healthier lives are increasingly popular. In particular, mobile health (mHealth) technologies constitute a rapidly developing field.
These technologies are increasingly becoming an integral part of
human life and essential tools in promoting healthy lifestyle,
disease prevention and disease management. In 2018, there were about 320.000 health apps available on the market [1].

These developments obviously have a significant impact on those who use them, and even on those who don't. Thus, we believe that it is important to understand and discuss the implications of mobile health technology for individuals and societies. This is exactly what this webpage aims to support.

1. Duggal et al. "Digital healthcare: regulating the revolution." BMJ. 2018