

digital health and wellness definition

Digital Health and Wellness Definition: A Comprehensive Guide

Introduction:

Are you intrigued by the buzz around "digital health and wellness"? It's more than just fitness trackers and meditation apps, although those are certainly part of it. This comprehensive guide will dive deep into the digital health and wellness definition, exploring its multifaceted nature, encompassing technologies, benefits, challenges, and its future trajectory. We'll unravel the complexities, offering clear explanations and practical examples to give you a complete understanding of this rapidly evolving field. By the end, you'll not only have a solid grasp of the digital health and wellness definition, but also a clearer picture of its impact on our lives.

What Exactly is Digital Health and Wellness?

The term "digital health and wellness" encompasses the use of digital technologies to improve or maintain physical and mental well-being. It's a broad field that integrates various technologies and approaches to enhance healthcare access, promote healthy behaviors, and manage chronic conditions. Think beyond simple apps; it involves sophisticated data analysis, wearable sensors, telehealth platforms, personalized medicine, and even artificial intelligence.

This differs significantly from traditional healthcare. Instead of solely relying on in-person consultations and treatments, digital health and wellness leverages technology to provide remote access to care, personalized interventions, and ongoing support. This personalized approach is a key differentiator, allowing individuals to manage their health proactively and effectively.

Key Components of Digital Health and Wellness:

Several key components make up the digital health and wellness ecosystem:

Wearable Technology: Smartwatches, fitness trackers, and other wearables monitor vital signs, activity levels, and sleep patterns, providing valuable data for individuals and healthcare professionals.

Mobile Health (mHealth) Apps: These apps offer a wide range of functionalities, from tracking diet and exercise to providing mental health support and medication reminders.

Telehealth Platforms: Virtual consultations with doctors, therapists, and other healthcare providers through video conferencing and other digital means.

Remote Patient Monitoring (RPM): Using technology to monitor patients' health conditions remotely, enabling early detection of problems and timely interventions.

Electronic Health Records (EHRs): Digital versions of patient medical records, improving access to information and facilitating better coordination of care.

Artificial Intelligence (AI) and Machine Learning (ML): AI and ML are increasingly used to analyze health data, personalize treatments, and improve diagnostic accuracy.

Big Data Analytics: Analyzing large datasets of health information to identify trends, improve population health, and develop targeted interventions.

Benefits of Digital Health and Wellness:

The advantages of incorporating digital tools into health and wellness are numerous:

Increased Accessibility: Digital health breaks down geographical barriers, making healthcare services available to people in remote areas or with limited mobility.

Improved Convenience: Accessing health information and services is much more convenient, saving time and travel costs.

Personalized Care: Digital tools allow for customized interventions tailored to individual needs and preferences.

Enhanced Engagement: Interactive apps and platforms encourage greater patient engagement in their own health management.

Proactive Health Management: Wearables and monitoring tools enable early detection of potential health issues, facilitating prompt intervention.

Cost-Effectiveness: In many cases, digital health solutions can be more cost-effective than traditional healthcare approaches.

Data-Driven Insights: The data collected through digital tools provide valuable insights into health trends and individual health patterns.

Challenges in Digital Health and Wellness:

Despite its potential, digital health and wellness also faces significant challenges:

Data Privacy and Security: Protecting sensitive health information is crucial, and robust security measures are essential.

Digital Divide: Unequal access to technology and internet connectivity creates disparities in the ability to utilize digital health tools.

Interoperability: Different digital health systems often lack compatibility, hindering seamless data exchange.

Regulatory Frameworks: The evolving nature of digital health necessitates clear regulatory frameworks to ensure safety and effectiveness.

User Adoption and Engagement: Successful implementation requires user-friendly interfaces and engaging content to encourage consistent use.

Ethical Considerations: AI-driven tools raise ethical considerations regarding bias, transparency, and accountability.

The Future of Digital Health and Wellness:

The future of digital health and wellness is bright, with ongoing advancements poised to revolutionize healthcare. We can anticipate:

More sophisticated AI and ML applications: These will lead to more accurate diagnoses, personalized treatments, and predictive health models.

Increased integration of wearable and IoT devices: This will create a more holistic view of individual health, enabling proactive interventions.

Expansion of telehealth services: Telehealth will continue to grow, extending

access to remote areas and improving convenience.

Greater emphasis on preventative care: Digital tools will play a significant role in promoting healthy lifestyles and preventing chronic diseases.

Development of new digital therapeutics: Digital interventions will become increasingly important in managing chronic conditions and mental health issues.

Conclusion:

The digital health and wellness definition encompasses a dynamic and rapidly expanding field. By leveraging technology to improve health outcomes and promote well-being, it offers tremendous potential for transforming healthcare. While challenges remain, the ongoing innovations and increasing adoption of digital health tools promise a future where personalized, accessible, and effective healthcare is within everyone's reach.

Understanding the digital health and wellness definition is crucial for individuals and healthcare professionals alike, as it shapes the future of health and well-being.

FAQs:

1. Is digital health and wellness only for younger generations? No, digital health and wellness tools are designed to be accessible and beneficial for people of all ages and technological proficiency. Many platforms offer simple interfaces and support for various levels of tech literacy.

1. How can I ensure the security of my health data when using digital health apps? Choose reputable apps from established providers with strong security protocols. Look for apps that comply with relevant data privacy regulations like HIPAA (in the US) or GDPR (in Europe). Read privacy policies carefully before sharing any personal information.

1. What are the ethical considerations surrounding AI in digital health? Ethical considerations include the potential for bias in algorithms, ensuring transparency in decision-making processes, and addressing accountability in case of errors. Ongoing research and careful regulation are crucial to mitigate these risks.

1. Can digital health and wellness replace traditional healthcare? While digital health tools offer many advantages, they are not intended to replace traditional healthcare entirely. They are best viewed as complementary tools that enhance and expand access to care.

1. How can I find reliable and trustworthy digital health and wellness resources? Start by researching apps and platforms through reputable

sources like consumer reports, medical organizations, and government health websites. Check reviews and look for evidence-based approaches before adopting any new tool or technology.

digital health and wellness definition: *Digital Health Entrepreneurship* Sharon Wulfovich, Arlen Meyers, 2019-06-20 This book presents a hands on approach to the digital health innovation and entrepreneurship roadmap for digital health entrepreneurs and medical professionals who are dissatisfied with the existing literature on or are contemplating getting involved in digital health entrepreneurship. Topics covered include regulatory affairs featuring detailed guidance on the legal environment, protecting digital health intellectual property in software, hardware and business processes, financing a digital health start up, cybersecurity best practice, and digital health business model testing for desirability, feasibility, and viability. *Digital Health Entrepreneurship* is directed to clinicians and other digital health entrepreneurs and stresses an interdisciplinary approach to product development, deployment, dissemination and implementation. It therefore provides an ideal resource for medical professionals across a broad range of disciplines seeking a greater understanding of digital health innovation and entrepreneurship.

digital health and wellness definition: *Research Methods in Health Humanities* Craig M. Klugman, Erin Gentry Lamb, 2019-09-02 *Research Methods in Health Humanities* surveys the diverse and unique research methods used by scholars in the growing, transdisciplinary field of health humanities. Appropriate for advanced undergraduates, but rich enough to engage more seasoned students and scholars, this volume is an essential teaching and reference tool for health humanities teachers and scholars. Health humanities is a field committed to social justice and to applying expertise to real world concerns, creating research that translates to participants and communities in meaningful and useful ways. The chapters in this field-defining volume reflect these values by examining the human aspects of health and health care that are critical, reflective, textual, contextual, qualitative, and quantitative. Divided into four sections, the volume demonstrates how to conduct research on texts, contexts, people, and programs. Readers will find research methods from traditional disciplines adapted to health humanities work, such as close reading of diverse texts, archival research, ethnography, interviews, and surveys. The book also features transdisciplinary methods unique to the health humanities, such as health and social justice studies, digital health humanities, and community dialogues. Each chapter provides learning objectives, step-by-step instructions, resources, and exercises, with illustrations of the method provided by the authors' own research. An invaluable tool in learning, curricular development, and research design, this volume provides a grounding in the traditions of the humanities, fine arts, and social sciences for students considering health care careers, but also provides useful tools of inquiry for everyone, as we are all future patients and future caregivers of a loved one.

digital health and wellness definition: *Cloud Computing Systems and Applications in Healthcare* Bhatt, Chintan M., Peddoju, S. K., 2016-08-30 The implementation of cloud technologies in healthcare is paving the way to more effective patient care and management for medical professionals around the world. As more facilities start to integrate cloud computing into their healthcare systems, it is imperative to examine the emergent trends and innovations in the field. *Cloud Computing Systems and Applications in Healthcare* features innovative research on the impact that cloud technology has on patient care, disease management, and the efficiency of various medical systems. Highlighting the challenges and difficulties in implementing cloud technology into the healthcare field, this publication is a critical reference source for academicians, technology designers, engineers, professionals, analysts, and graduate students.

digital health and wellness definition: *Digital Health* Dipu Patel, 2024-10-21 *Digital Health: Telemedicine and Beyond* describes practical ways to use digital health tools in clinical practice.

With a strong focus on case studies and patient outcomes, this title provides an overview of digital medicine, terms, concepts, and applications for the multidisciplinary clinical practitioner. Chapters provide a concise, yet comprehensive understanding of digital health, including telemedicine, mHealth, EHRs, and the benefits and challenges of each. The book gives insights on risks and benefits associated with storing and transmitting patient information via digital tools and educates clinicians in the correct questions to ask for advocacy regarding state laws, scope of practice, and medicolegal implications. It also addresses the ethical and social challenges that digital health raises, how to engage patients to improve shared decision-making models and how digital health tools can be integrated into clinical practice. This book is a valuable resource for clinicians and medical educators of all health professions, including physicians, physician associates, nurses, pharmacists, physical therapists, occupational therapists, speech therapists, students, and all those who wish to broaden their knowledge in the allied field. - Provides a clinical perspective on digital health - Written by clinicians for clinicians with the patient in mind - Describes practical ways to use digital health tools in clinical practice - Includes case studies to incorporate workflows into practice to improve patient outcomes

digital health and wellness definition: *Health 4.0: How Virtualization and Big Data are Revolutionizing Healthcare* Christoph Thuemmler, Chunxue Bai, 2017-01-07 This book describes how the creation of new digital services—through vertical and horizontal integration of data coming from sensors on top of existing legacy systems—that has already had a major impact on industry is now extending to healthcare. The book describes the fourth industrial revolution (i.e. Health 4.0), which is based on virtualization and service aggregation. It shows how sensors, embedded systems, and cyber-physical systems are fundamentally changing the way industrial processes work, their business models, and how we consume, while also affecting the health and care domains. Chapters describe the technology behind the shift of point of care to point of need and away from hospitals and institutions; how care will be delivered virtually outside hospitals; that services will be tailored to individuals rather than being designed as statistical averages; that data analytics will be used to help patients to manage their chronic conditions with help of smart devices; and that pharmaceuticals will be interactive to help prevent adverse reactions. The topics presented will have an impact on a variety of healthcare stakeholders in a continuously global and hyper-connected world. · Presents explanations of emerging topics as they relate to e-health, such as Industry 4.0, Precision Medicine, Mobile Health, 5G, Big Data, and Cyber-physical systems; · Provides overviews of technologies in addition to possible application scenarios and market conditions; · Features comprehensive demographic and statistic coverage of Health 4.0 presented in a graphical manner.

digital health and wellness definition: *The Creative Destruction of Medicine* Eric Topol, 2012-01-31 A professor of medicine reveals how technology like wireless internet, individual data, and personal genomics can be used to save lives.

digital health and wellness definition: *The Fourth Wave* Paul Sonnier, 2017-11-14 Digital Health--the convergence of the digital and genomic revolutions with health, healthcare, living, and society--is rapidly creating a new era of human progress. Building upon the work of famed futurist Alvin Toffler--author of *The Third Wave*--Paul Sonnier enumerates the key drivers of this new era, aka The Fourth Wave. *The Fourth Wave: Digital Health* provides readers from all backgrounds--consumers, business, media, marketing, sales, healthcare, pharma, sports, fitness, nutrition, research, science, policy, regulation, and non-governmental organizations--with an understanding of the megatrends taking place, the challenges, opportunities, timeline, and key actionable insights required to be a part this new era being created by digital health. Paul Sonnier is an author, contributing editor, speaker, technologist, and social entrepreneur who has spent nearly a decade educating global stakeholders on digital health. He is the founder of the Digital Health group on LinkedIn and the first to include genomics within the definition of 'digital health', a term he has successfully promulgated around the globe. Paul speaks regularly at conferences and corporate events, and publishes a newsletter. Learn more at FourthWaveBook.com and StoryofDigitalHealth.com

digital health and wellness definition: Digital Health Eric D. Perakslis, Martin Stanley, 2021-03-19 Digital health represents the fastest growing sector of healthcare. From internet-connected wearable sensors to diagnostics tests and disease treatments, it is often touted as the revolution set to solve the imperfections in healthcare delivery worldwide. While the health value of digital health technology includes greater convenience, more personalized treatments, and more accurate data capture of fitness and wellness, these devices also carry the concurrent risks of technological crime and abuses pervasive to cyber space. Even today, the medical world has been slow to respond to these emerging risks, despite the growing permanence of digital health technology within daily medical practice. With over 30 years of joint experience across the medical and cybersecurity industries, Eric D. Perakslis and Martin Stanley provide in this volume the first reference framework for the benefits and risks of digital health technologies in practice. Drawing on expert interviews, original research, and personal storytelling, they explore the theory, science, and mathematics behind the benefits, risks, and values of emerging digital technologies in healthcare. Moving from an overview of biomedical product regulation and the evolution of digital technologies in healthcare, Perakslis and Stanley propose from their research a set of ten categories of digital side effects, or toxicities, that must be managed for digital health technology to realize its promise. These ten toxicities consist of adversary-driven threats to privacy such as physical security, cybersecurity, medical misinformation, and charlatanism, and non-adversary-driven threats such as deregulation, cyberchondria, over-diagnosis/over-treatment, user error, and financial toxicity. By arming readers with the knowledge to mitigate digital health harms, Digital Health empowers health practitioners, patients, and technology providers to move beyond fear of the unknown and embrace the full potential of digital health technology, paving the way for more conscientious digital technology use of the future.

digital health and wellness definition: Outsmart Your Smartphone Tchiki Davis, 2019-11-01 Do you have smartphone syndrome? This refreshingly honest how-to guide will help you find balance and build meaningful connections in a screen-obsessed world. Do you spend hours every day on your smartphone or tablet? Reading the news, shopping for clothes, checking your email, and catching up on social media? Do you scroll through blog articles and text with your friends while waiting in line at the DMV or the grocery store, avoiding any chance interactions with actual human beings? If so, you aren't alone. Most of us are stuck on a hedonic treadmill of push-button notifications, friend updates, and text messages. But the real question is—are we happy? And, if not, how can we increase our happiness in the age of tech? Outsmart Your Smartphone is not a book about the evils of technology—it's a road map for achieving happiness using all the tools available to you, including your phone. With this smart and irreverent guide, you'll find seven steps to help you use technology in ways that increase your well-being, and find tips and tricks for overcoming the obstacles that technology creates. You'll also learn to: Reconnect with your values, including kindness and gratitude Find your purpose in life—and then live it Use technology to do good things in the world Be fully present in each moment using mindfulness Our technology crazed, social media-obsessed world does nothing if not make us more self-focused. This book will help you harness the power of that focus and magnify your happiness, for yourself and the greater good. You don't even have to throw out your phone!

digital health and wellness definition: Digital Health Shabbir Syed-Abdul, Xinxin Zhu, Luis Fernandez-Luque, 2020-11-14 Digital Health: Mobile and Wearable Devices for Participatory Health Applications is a key reference for engineering and clinical professionals considering the development or implementation of mobile and wearable solutions in the healthcare domain. The book presents a comprehensive overview of devices and appropriateness for the respective applications. It also explores the ethical, privacy, and cybersecurity aspects inherent in networked and mobile technologies. It offers expert perspectives on various approaches to the implementation and integration of these devices and applications across all areas of healthcare. The book is designed with a multidisciplinary audience in mind; from software developers and biomedical engineers who are designing these devices to clinical professionals working with patients and

engineers on device testing, human factors design, and user engagement/compliance. - Presents an overview of important aspects of digital health, from patient privacy and data security to the development and implementation of networks, systems, and devices - Provides a toolbox for stakeholders involved in the decision-making regarding the design, development, and implementation of mHealth solutions - Offers case studies, key references, and insights from a wide range of global experts

digital health and wellness definition: *Ethics of Digital Well-Being* Christopher Burr, Luciano Floridi, 2020-08-19 This book brings together international experts from a wide variety of disciplines, in order to understand the impact that digital technologies have had on our well-being as well as our understanding of what it means to live a life that is good for us. The multidisciplinary perspective that this collection offers demonstrates the breadth and importance of these discussions, and represents a pivotal and state-of-the-art contribution to the ongoing discussion concerning digital well-being. Furthermore, this is the first book that captures the complex set of issues that are implicated by the ongoing development of digital technologies, impacting our well-being either directly or indirectly. By helping to clarify some of the most pertinent issues, this collection clarifies the risks and opportunities associated with deploying digital technologies in various social domains. Chapter 2 is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

digital health and wellness definition: *Research Anthology on Mental Health Stigma, Education, and Treatment* Management Association, Information Resources, 2021-02-05 In times of uncertainty and crisis, the mental health of individuals become a concern as added stressors and pressures can cause depression, anxiety, and stress. Today, especially with more people than ever experiencing these effects due to the Covid-19 epidemic and all that comes along with it, discourse around mental health has gained heightened urgency. While there have always been stigmas surrounding mental health, the continued display of these biases can add to an already distressing situation for struggling individuals. Despite the experience of mental health issues becoming normalized, it remains important for these issues to be addressed along with adequate education about mental health so that it becomes normalized and discussed in ways that are beneficial for society and those affected. Along with raising awareness of mental health in general, there should be a continued focus on treatment options, methods, and modes for healthcare delivery. The Research Anthology on Mental Health Stigma, Education, and Treatment explores the latest research on the newest advancements in mental health, best practices and new research on treatment, and the need for education and awareness to mitigate the stigma that surrounds discussions on mental health. The chapters will cover new technologies that are impacting delivery modes for treatment, the latest methods and models for treatment options, how education on mental health is delivered and developed, and how mental health is viewed and discussed. It is a comprehensive view of mental health from both a societal and medical standpoint and examines mental health issues in children and adults from all ethnicities and socio-economic backgrounds and in a variety of professions, including healthcare, emergency services, and the military. This book is ideal for psychologists, therapists, psychiatrists, counsellors, religious leaders, mental health support agencies and organizations, medical professionals, teachers, researchers, students, academicians, mental health practitioners, and more.

digital health and wellness definition: *Digital Health* Alan Godfrey, Sam Stuart, 2021-07-06 Digital Health: Exploring Use and Integration of Wearables is the first book to show how and why engineering theory is used to solve real-world clinical applications, considering the knowledge and lessons gathered during many international projects. This book provides a pragmatic A to Z guide on the design, deployment and use of wearable technologies for laboratory and remote patient assessment, aligning the shared interests of diverse professions to meet with a common goal of translating engineering theory to modern clinical practice. It offers multidisciplinary experiences to guide engineers where no clinically advice and expertise may be available. Entering the domain of wearables in healthcare is notoriously difficult as projects and ideas often fail to deliver due to the

lack of clinical understanding, i.e., what do healthcare professionals and patients really need? This book provides engineers and computer scientists with the clinical guidance to ensure their novel work successfully translates to inform real-world clinical diagnosis, treatment and management. - Presents the first guide for wearable technologies in a multidisciplinary and translational manner - Helps engineers design real-world applications to help them better understand theory and drive pragmatic clinical solutions - Combines the expertise of engineers and clinicians in one go-to guide, accessible to all

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digital health and wellness definition: Connected Health in Smart Cities Abdulmotaleb El Saddik, M. Shamim Hossain, Burak Kantarci, 2019-12-03 This book reports on the theoretical foundations, fundamental applications and latest advances in various aspects of connected services for health information systems. The twelve chapters highlight state-of-the-art approaches, methodologies and systems for the design, development, deployment and innovative use of multisensory systems and tools for health management in smart city ecosystems. They exploit technologies like deep learning, artificial intelligence, augmented and virtual reality, cyber physical systems and sensor networks. Presenting the latest developments, identifying remaining challenges, and outlining future research directions for sensing, computing, communications and security aspects of connected health systems, the book will mainly appeal to academic and industrial researchers in the areas of health information systems, smart cities, and augmented reality.

digital health and wellness definition: The Digital Health Self Rachael Kent, 2023-06-08 This is a detailed analysis of how understanding of health management past, present and future has transformed in the digital age. Since the mid-20th century, we have witnessed 'healthy' lifestyles being pushed as part of health promotion strategies, both via the state, and through health tracking tools, and narratives of wellness online. This marks a seismic shift from a public welfare state responsibility for health towards individualised practices of digital self-care. Today health has become representative of 'lifestyle correction' which is performed on social media. Putting the spotlight on neoliberalism and digital technology as pervasive tools that dictate wellness as a moral obligation, Rachael Kent critically analyses how users navigate relationships between self-tracking technologies, social media, and everyday health management.

digital health and wellness definition: Global Diffusion of EHealth: Making Universal Health Coverage Achievable World Health Organization, 2017-03-27 This third global survey of the WHO Global Observatory for eHealth (GOe) investigated how eHealth can support universal health coverage(UHC) in Member States. A total of 125 countries participated in the survey ? a clear reflection of the growing interest in this area. The report considers eHealth foundations built through policy development funding approaches and capacity building in eHealth through the

training of students and professionals. It then observes specific eHealth applications such as mHealth telehealth electronic health records systems and eLearning and how these contribute to the goals of UHC. Of interest is the extent to which legal frameworks protect patient privacy in EHRs as health care systems move towards delivering safer more efficient and more accessible health care. Finally the rapidly emerging areas of social media for health care as well as big data for research and planning are reported.

digital health and wellness definition: Integrated Citizen Centered Digital Health and Social Care A. Värri, J. Delgado, P. Gallos, 2020-12-15 As citizens, we must all take responsibility for our own health to some extent, and recent developments in medical informatics have provided some valuable new ways to help us do that. This book presents the proceedings of the 2020 Special Topic Conference of the European Federation for Medical Informatics (EFMI STC 2020), held for the first time as a virtual conference on 26 & 27 November 2020, due to restrictions associated with the COVID-19 pandemic. Entitled Integrated citizen centered digital health and social care – Citizens as data producers and service co-creators, this conference focused on the citizen-centered aspects of health informatics. This topic provided the opportunity for contributors to present innovative solutions to allow citizens to take greater responsibility for their health with the help of information and communication technology, and the 52 presented papers published here cover a wide range of areas under the broad, invited subject headings of: tools and technologies to support citizen-centered digital services; capacity building to enhance the development and use of digital services; confidentiality, data integrity and data protection to guarantee trustworthy services; citizen safety in digital services; effectiveness and impact of citizen-digital and integrated health and social services; evaluation approaches and methods for digital services; usability, usefulness and user acceptance of digital services; and guidelines for the successful implementation of digital services for citizens. Offering a current overview of research and applications, the book will be of interest to all those health professionals working to increase citizen use of digital healthcare.

digital health and wellness definition: Digital Health Care Outside of Traditional Clinical Settings I. Glenn Cohen, Daniel B. Kramer, Julia Adler-Milstein, Carmel Shachar, 2024-04-25 Health care delivery is shifting away from the clinic and into the home. Even prior to the COVID-19 pandemic, the use of telehealth, wearable sensors, ambient surveillance, and other products was on the rise. In the coming years, patients will increasingly interact with digital products at every stage of their care, such as using wearable sensors to monitor changes in temperature or blood pressure, conducting self-directed testing before virtually meeting with a physician for a diagnosis, and using smart pills to document their adherence to prescribed treatments. This volume reflects on the explosion of at-home digital health care and explores the ethical, legal, regulatory, and reimbursement impacts of this shift away from the 20th-century focus on clinics and hospitals towards a more modern health care model. This title is also available as Open Access on Cambridge Core.

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digital health and wellness definition: The Role of Telehealth in an Evolving Health

Care Environment Institute of Medicine, Board on Health Care Services, 2012-12-20 In 1996, the Institute of Medicine (IOM) released its report *Telemedicine: A Guide to Assessing Telecommunications for Health Care*. In that report, the IOM Committee on Evaluating Clinical Applications of Telemedicine found telemedicine is similar in most respects to other technologies for which better evidence of effectiveness is also being demanded. Telemedicine, however, has some special characteristics-shared with information technologies generally-that warrant particular notice from evaluators and decision makers. Since that time, attention to telehealth has continued to grow in both the public and private sectors. Peer-reviewed journals and professional societies are devoted to telehealth, the federal government provides grant funding to promote the use of telehealth, and the private technology industry continues to develop new applications for telehealth. However, barriers remain to the use of telehealth modalities, including issues related to reimbursement, licensure, workforce, and costs. Also, some areas of telehealth have developed a stronger evidence base than others. The Health Resources and Service Administration (HRSA) sponsored the IOM in holding a workshop in Washington, DC, on August 8-9 2012, to examine how the use of telehealth technology can fit into the U.S. health care system. HRSA asked the IOM to focus on the potential for telehealth to serve geographically isolated individuals and extend the reach of scarce resources while also emphasizing the quality and value in the delivery of health care services. This workshop summary discusses the evolution of telehealth since 1996, including the increasing role of the private sector, policies that have promoted or delayed the use of telehealth, and consumer acceptance of telehealth. *The Role of Telehealth in an Evolving Health Care Environment: Workshop Summary* discusses the current evidence base for telehealth, including available data and gaps in data; discuss how technological developments, including mobile telehealth, electronic intensive care units, remote monitoring, social networking, and wearable devices, in conjunction with the push for electronic health records, is changing the delivery of health care in rural and urban environments. This report also summarizes actions that the U.S. Department of Health and Human Services (HHS) can undertake to further the use of telehealth to improve health care outcomes while controlling costs in the current health care environment.

digital health and wellness definition: E-Business. New Challenges and Opportunities for Digital-Enabled Intelligent Future Yiliu Paul Tu,

digital health and wellness definition: *Digital Health* Nilmini Wickramasinghe, 2024-04-15 Healthcare systems globally are grappling with how best to implement effective and efficient patient-centred care while simultaneously trying to contain runaway costs and provide high quality. This book explores the essential enabling role of digital health, taking a socio-technical perspective and looking at the key facets of technology, people and process in turn. This book examines the opportunities of key digital health components, demystifying digital health and demonstrating how to use its key precepts effectively. The book presents evidence and anecdotes from stakeholders around the world, demonstrating the global relevance and the ability of digital health to uplift and upskill care delivery as it is applied commercially. Bridging academic theory and practice, this is a functional and accessible text for all digital health stakeholders. The text introduces critical issues and is suitable reading for students, practitioners and researchers in digital health and all healthcare-related domains.

digital health and wellness definition: **Artificial Intelligence in Healthcare** Adam Bohr, Kaveh Memarzadeh, 2020-06-21 Artificial Intelligence (AI) in Healthcare is more than a comprehensive introduction to artificial intelligence as a tool in the generation and analysis of healthcare data. The book is split into two sections where the first section describes the current healthcare challenges and the rise of AI in this arena. The ten following chapters are written by specialists in each area, covering the whole healthcare ecosystem. First, the AI applications in drug design and drug development are presented followed by its applications in the field of cancer diagnostics, treatment and medical imaging. Subsequently, the application of AI in medical devices and surgery are covered as well as remote patient monitoring. Finally, the book dives into the topics of security, privacy, information sharing, health insurances and legal aspects of AI in healthcare. -

Highlights different data techniques in healthcare data analysis, including machine learning and data mining - Illustrates different applications and challenges across the design, implementation and management of intelligent systems and healthcare data networks - Includes applications and case studies across all areas of AI in healthcare data

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to core concepts and terms and facilitating dialogue. Contrasting 'clinical research' with routine 'clinical care', this short colorful book describes types of digital measurement and how to use and validate digital measures in different settings. And with the burgeoning development of digital medicine tools, the authors provide a timely overview of the security, ethical, regulatory and legal issues to be considered before a product can enter the market. Table of Contents: • What is digital medicine? • Where does digital medicine fit? • Regulatory considerations • Ethical principles and our responsibilities • Ethics in practice • Security, data rights and governance • Digital biomarkers and clinical outcomes • Measurement in clinical trials • Verification and validation • The future of digital medicine

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