Modernizing Health Care Through Mobile Applications

❌ On October 23rd, we attended an event hosted by the [Center for Technology Innovations at the Brookings Institution](#), which focused on the modernization of health care through mobile technology, something that we happen to know a lit

❌ On October 23rd, we attended an event hosted by the [Center for Technology Innovations at the Brookings Institution](#), which focused on the modernization of health care through mobile technology, something that we happen to know a little bit about ourselves.

Panelists included Asif Khan, [Caremerge](#) CEO, Iltifat Husain, Editor and Founder of [iMedicalApps.com](#), and Erik Augustson, Program Director of the Tobacco Control Research Brand and Behavioral Research Program. The discussion focused on improving health care interaction and participation through the utilization of the mobile medical devices and applications that are now available.

Applications, such as the [ViSi Mobile System](#), which monitors a patient's vital signs, prove effective by providing early warning signs of health issues , while a variety of other mobile apps allow for patients to track and monitor daily physical activities and health improvements without the supervision of a primary care physician. Additionally, the [myHealthButton](#) app produced by CNSI promotes the value and potential for advancement of health care management within mobile technology. Implementation of these apps, allows health care companies to more efficiently gather and organize data in order to produce more informed decisions and diagnoses for patients along with better quality care.

"Prescribing an app"—the practice of promoting available

healthcare apps directly to patients by their doctors—was a common theme throughout the day, as was the importance of health literacy. By taking advantage of the available technologies, patients are better informed about their physical health and more aware of impending health care management issues. The panelists discussed the platforms in which we communicate this information and noted that social media has become a widely integrated and effective way to encourage others to become health literate individuals.

While we continue to develop applications to monitor and analyze our health activities, there are still concerns over behavioral change. More often than not, the people using these devices are already living healthy and active lifestyles. The question then becomes_ How can we utilize these functions to promote awareness and, ultimately, behavioral change among those who need it the most?

How do you think we can help the people who need it most to use these apps more often? Tweet [@CNSICorp](#) to let us know! Follow CNSI on [Twitter](#).