However, definitionally, mHealth means the employment of technologies, devices, and smartphones in healthcare.It also provides therapeutic support to enhance the management of chronic conditions by granting healthcare providers more access to their patients for monitoring, improved health outcomes, and increased patient engagement.They are applied for purposes ranging from disease prevention to therapeutic support, health education, epidemic trend tracking, and chronic disease management schemes.mHealth has been able to alleviate the incidence of hospital visits, alongside improving adherence to medication among chronic illness patients.mHealth increases access to skills, information, and services regarding health, thus encouraging beneficial behavioral changes that can help prevent chronic conditions.These allow users to conveniently and effectively monitor and manage their health data without frequent visits to healthcare providers.As technology advances, mHealth tools will become increasingly prominent in the world of healthcare.

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