

mHealth can be used in a number of ways to enhance the patient experience, improve workflows, and benefit the overall health of the patient. This list reviews some of the uses for mHealth in primary care.

Mobile Portals for Patients



Allowing patients to have mobile access to their medical data has shown to increase patient engagement. For the provider, mobile portals enables them to respond to patients needs from anywhere in a HIPAA-compliant, safe manner and have quick access to pertinent patient lab and health information. Timely communication between providers and patients leads to improved patient health outcomes.

Image Sharing



The number of smartphone users has increased in the US. Nearly 275 million people use a smartphone. Mobile devices with HD cameras make it possible for patients to capture and send an image to their provider (or possibly upload through a portal). Examples include: MRI and CT scan. These apps allow physicians to view images remotely and make a diagnosis without having to engage the patient in-person.

E-Prescribing and Medication Adherence



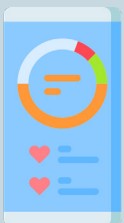
A top concern for healthcare providers is medication adherence. Allowing patients to request refills via an mHealth-enabled portal can assist with supporting compliance. Reducing barriers, including a need to call the office for a refill, allows patients to stay up to date with their medication refills. There are also many apps that support medication reminders for patients. Providers are also able to prescribe, sign, and send prescriptions to pharmacies via mobile access to their EHR.

Pill Identification



Pill identification apps allow patients to take a picture of an unknown pill and be provided immediate information on its manufacturer, its brand and generic name, guidance on its use, and potential side effects. This can be helpful if patients may find pills without instructions or not already organized (e.g., blister packs).

Patient Education



Patients will not remember everything from their visit. Therefore, making educational materials available via apps or the EHR portal allows patients to access and learn more about ways to manage their health. Apart from written materials, practices can also upload video materials to allow patients to engage in the treatment process better.