**Status Update: How consumers currently use mHealth**

Although interest in mHealth is strong, adoption remains limited to a portion of consumers, with 10% having downloaded apps in the last 12 months. Consumers may be wary of mobile technologies for health care due to factors such as privacy and security concerns, skepticism about the accuracy of apps, and a gap in what some consumers say they want and the health care industry’s current capabilities.

**Primary diagnosis: A core group of mHealth skeptics**

Not everyone is convinced that mHealth is risk-free. In addition to privacy and security concerns, adopters and non-adopters alike cite concerns about the accuracy, value, and security of technologies. When these hurdles to adoption are overcome, mobile technology will be poised to transform health care.

**mHealth demand is already here**

Although interest in mHealth is strong, uptake remains limited. Status update: How consumers currently use mHealth. Consumers are comfortable with the idea of using technology in new and different ways and are already in consumers’ hands. Consumers are ready, willing, and able to use mHealth – once convinced of the accuracy, value, and security of technologies. When these hurdles to adoption are overcome, mobile technology will be poised to transform health care.

**What do these mHealth views mean for you?**

As providers and payers increasingly turn to mobile-enabled health care, the tools for deployment are already in consumers’ hands – nine in 10 Americans own a cell phone; over half of these are smartphones. Mobile health technologies are more mature users and see nuanced differences.

**mHealth: A check-up on consumer use**

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