

## **Deloitte Issue Brief: Mobile Personal Health Records May Offer Consumers Key to Technology-Enabled Self-Care**

Bio-Medicine.Org

WASHINGTON, Aug. 26 /PRNewswire/ -- The convergence of personal health records and mobile communication devices may provide the mechanism to engage consumers to use technology to enhance self-care, taking cost out of the health care system, according to a new Deloitte [Issue Brief](#) [1] released today by the Deloitte Center for Health Solutions.

Following on the heels of the state of California's launch of the nation's largest telehealth system last week, the Deloitte brief explores the potential benefits of mobile communication devices (MCDs), such as cell phones, smart phones and other mobile tablet personal computers, to collect environmental and patient-entered information and transmit it via the Internet to a personal health record (PHR). Combined with actionable decision support, the MCD-PHR combination, or "mPHR," can analyze aggregate data to activate mobile, patient-specific output such as medication reminders, healthy habit tips and medical bill reminders.

"The personal health record embedded in mobile communication devices – mPHR – is the 'killer app' that may change the game for providers, consumers and payers," said Paul Keckley, Ph.D., executive director, Deloitte Center for Health Solutions.

"Considering that treating chronic disease accounts for more than 70 percent (\$1.7 trillion) of the total \$2.4 trillion in health care spending in the United States, the business case for mPHRs is solid for helping to reduce costs for managing chronic conditions, such as diabetes and obesity."

The brief provides an update on some major pilots underway using the technology, as well as an overview of key research findings on the topic, including the following statistics from the Deloitte 2010 Survey of Health Care Consumers:

Fifty percent of consumers want a personal monitoring device to alert and guide them to make improvements in their health or treat

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[SOURCE](#) [2]

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**Links:**

[1] <http://www.deloitte.com/us/2010mobilepersonalhealthrecord>

[2] <http://www.bio-medicine.org/medicine-technology-1/Deloitte-Issue-Brief-3A-Mobil>

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