

# Future Internet as Enabler for Better Health

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## **Abstract**

I will discuss the development of the internet at large and specifically the role of social media and smart phone platforms. The social media has the opportunity to form topic specific groups of persons to collaborate regardless of the physical distance. This has great potential to peer-to-peer support and in addition e.g. identification of low frequency adverse effects of medication. The smart phones with the embedded sensors and always-on communication is changing how individual persons could monitor their health related signals and behavior. Examples of this are e.g. heart rate, sleep patterns, exercise histories and related vital sign measurements.