

## **ABSTRACT:**

The well-being context enabled by digital technologies (mobile applications, devices) is rapidly growing. The convergence between wireless communication technologies and healthcare devices and between health and social care is creating new paradigms.

The behavioral shift is happening.

Technologies such as the smartphone allow people to monitor their own health. Patients are always connected, they can access their own health all the time, share it and collaborate with stakeholders.

The statement above really describes a patient empowered, a person that is able to take decisions wisely about his/her own health.

The Status quo shows a series of challenges: are we ready to tackle them?