

Supplementary A. Tables with the 60 definitions

Some of the authors has obtained their definitions from other literature. The contents of the Conceptual (X) column are quotes. The contents of the Empirical (X') and Indicator (X'') columns are usually summarised quotes or paraphrases to shorten or clarify the text. The contents of the tables are retrieved directly from the respective literature indicated in the column Author. The authors are in the order they were randomly generated.

Table S1. Definitions of e-health, PubMed and SpringerLink

PubMed	Author	Conceptual X	Empirical X'	Indicator X''
	Glinkowski et al., 2018	Telemedicine, the use of medical information exchanged from one site to another via electronic communications to improve a patient's clinical health status, including applications and services using two-way video, email, smartphones, wireless tools, and other forms of telecommunications technology...eHealth...also includes several aspects of medical, health or clinical information systems.	Video conferences and imaging data transmission via satellite. Telecardiology, cardiac telehabilitation. Telemedicine for cochlear implant fitting.	Review: The acceptance of telemedicine and eHealth solutions is increasing in the general population and even undergraduate medical professionals.
	Lupianez-Villanueva et al., 2018	eHealth tools provide a means to disseminate health information and education for both patients and health professionals and hold promise for more efficient and cost-effective care processes.	The Internet to look for information about a physical illness or condition, or wellness or lifestyle.	Online survey: Most participants (68.15%, 9,541/14,000) were labelled as rare users, with the majority of them (55.1%, 508/921) being in the age range of 25 to 54 years, with upper secondary education (50.3%, 464/921), currently employed (49.3%, 454/921), and living in medium-sized cities (40.7%, 375/921).
	Sherman & Grande, 2019	eHealth, the intersection of medical informatics, public health, and business, where health services are enhanced by the Internet and related technologies.	Cell phones to communicate health information and implement health promotion interventions.	Commentary: Digital interventions, designed to support decision-making, information exchange, and shared accountability have the best hope to overcome current inequities of access, health literacy, institutional racism, and growing social distance between black men and their clinicians.

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Table S1. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
PubMed	Han et al., 2018	eHealth, a medical and public health practice supported by a Web-based platform.	SMS intervention on the adherence to HIV treatment. SMS communication as reminders or to check health status.	Review: The associations between eHealth literacy and health outcomes in persons living with HIV were not consistent. The role of eHealth literacy is still not fully understood.
	Higgins et al., 2018	eHealth, defined as the use of ICT for health.	Web-based eHealth tools for paediatric pain, e.g. BeSweet2Babies YouTube video, Bear essentials.	Systematic review & online survey: 99% reported at least some positive results regarding the eHealth tool examined and all tools (53/53) had studies reporting positive results on them. 15 of the 53 identified eHealth tools were available to end users in some form.
	Van den Heuvel et al., 2018	eHealth, the network of technology applications regarding health issues.	E.g. patients' use of internet for pregnancy information. App for pregnancy education and record keeping.	Systematic literature search: Patients' satisfaction rate with eHealth interventions vary between 86% and 95% in e-mental health studies and 90% in home-monitored induction patients. Most health outcomes for perinatal eHealth interventions were generally positive.
	Vayena et al., 2018	Digital health includes categories such as mHealth, IT, wearable devices, telehealth and telemedicine, and personalized medicine.	Some Swiss regions have put digital patient dossiers in place. E.g. smart wireless pill bottle capable of alerting patients to missed doses. Portable electrocardiogram device displaying results on a smartphone.	Review: eHealth initiatives are underway in 83% of WHO Member States, and 90% of them have an eHealth strategy. Telemedicine [is] more widely spread than electronic health records, which are more commonly used than big data in healthcare settings.

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Table S1. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
PubMed	Christodouleas et al., 2018	eHealth, the cost-effective and secure use of ICT in support of health and health related fields, including healthcare services, health surveillance, health literature, and health education, knowledge and research.	E.g. microfluidic cassette connected to a smartphone dongle for infectious diseases detection. Biochip for the HIV detection in blood.	Outlook: out of thousands of devices that have been developed in academic laboratories for point of care testing, a very small percentage of them have been used to detect analytes in untreated biological fluids using an analytical procedure that is suitable for home applications.
	Lancaster et al., 2018	eHealth, the application of ICT in the health sector. It encompasses a whole range of purposes from purely administrative through to health care delivery.	E.g. Web-based portal for asthma symptom management.	Review: Evidence from 4 RCTs and 1 open-label intervention show that eHealth tools focusing on symptom and adverse effect self-reporting can prompt positive changes in medication prescribing and use.
	Klonoff & Kerr, 2018	Digital health, the intersection of health care with the internet in which wearable devices, IT and electronic communication tools converge to support the practice of medicine.	E.g. diabetes smart-phone applications.	Reflective: Mobile applications and wearable sensors are most likely to be adopted if developers and clinician champions of these new types of technologies can demonstrate appropriate usability, safety, effectiveness, robust design, and attention to the needs of target populations.
SpringerLink	Samerski, 2018	eHealth, personal health management on the basis of statistical analyses of individual data.	Digital epidemiology. To detect health or security threats worldwide, in real time, rooted in the mining of online data, including personal data from social media and even information on health behaviours and health attitudes. Digital epidemiology draws on data that have been self-produced and usually for other purposes.	Discussion: digital devices integrate people into surveillance systems, so that the statistical alerts and feedbacks directly inform personal orientations and actions.

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Table S1. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
SpringerLink	Firet et al., 2018	Internet-based therapy (eHealth).	Internet-based therapy based on pelvic floor muscle training.	Semi structured interviews: Internet-based therapy is currently not a preferable treatment modality for women who still suffer from SUI despite treatment. It cannot act as a substitute for their positive experience with personal contact.
	Gonzalez et al., 2019	eHealth, the use of electronic communication and information technologies in health-care.	LifePod, a web-based application designed to support persons in adhering to lifestyle advice and medication.	Study protocol: Open-label multicentre randomized controlled trial: Secondary outcomes: changes in self-reported physical activity..., self-rated health, dietary, and smoking habits, body mass index, blood pressure, blood lipids, and glucose/HbA1c levels between inclusion and follow-up visits during the first year post-MI.
	Holen-Rabbersvik et al., 2018	eHealth, tools and services using ICT that can improve prevention, treatment, monitoring and management.	E.g. e-mail, webpages	Case study: Factors like IT capability and usability, differences, privacy, confidentiality and security and awareness are contributing factors to the barriers experienced by the employees.
	Van Beurden et al., 2018	E-health, self-directed interventions delivered via digital platforms.	Internet websites for delivering weight loss interventions.	Semi-structured interviews: There is potential for the use of eHealth interventions in primary care settings alongside standard weight loss advice.
	Hamilton et al., 2018	A variety of applications/platforms which enable users to access, store, transmit and manipulate information electronically (eHealth).	Programmed smartphone for Cardiac Rehabilitation (CR) and heart failure management.	Comprehensive search: mHealth delivery of CR was as effective as traditional centre-based CR with significant improvement in quality of life.

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Table S1. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
SpringerLink	Beleigoli et al., 2018	eHealth, the use of ICTs for health and, particularly, internet-based programs have the potential to reach a large number of people, be widely accessible and cost effective.	Web based platform to promote weight loss and diet and physical activity habits change.	Study Protocol: A 3-arm parallel randomized controlled trial: Weight and BMI change are the primary outcomes of the study and will be self-reported by the participants.
	Waschkau et al., 2019	Ehealth, the general use of electronic devices or systems in medical care.	Big data analytics.	Review: Although the usage of the phrase "Big Data" is growing rapidly, there is nearly no practical use case for big data analysis techniques in the treatment of multimorbidity in general practice yet.
	Al-Ozairi et al., 2018	E-health, the use of electronic ICT, particularly the internet, to improve or enable health and health care.	SMS aimed at improving glycaemic control.	2-arm parallel single-blind randomised controlled trial: M-health...can deliver discrete focused psychological support to motivate and enable diabetes self-care changes.
	Treskes et al., 2018	e-Health is a broad concept, roughly defined as the delivery of healthcare via information technology.	Implementation of e-Health in cardiology practice: e.g., through e-mail, smartphone applications and/or a dedicated functionality within the electronic medical record (EMR).	Survey: Cardiologists are in general positive about the possibilities of e-Health implementation in routine clinical care; however, they identify deficient data integration into the electronic medical records, reimbursement issues and lack of reliable devices as major barriers. Age and personal use of smartphones are predictors of expectations of e-Health, but the professional working environment is not.

ICT: information and communication technology.

Table S2. Definitions of m-health, PubMed and SpringerLink

PubMed	Author	Conceptual X	Empirical X'	Indicator X''
	Berrouguet et al., 2018	mHealth, the use of mobile computing and communication technologies in health care and public health.	Suicide Intervention Assisted by Messages (SIAM), Brief Contact Intervention (BCI).	2-year, multicentre randomised controlled trial: has demonstrated the ability of text message BCIs to encourage patients to contact health care services in times of a crisis and over periods up to 6 months following discharge from the hospital. An ongoing randomized controlled trial of the SIAM intervention aims to demonstrate the effectiveness of such mHealth BCIs for suicide prevention.
	Watkins et al., 2018	The use of conventional mobile and wireless technologies to support health objectives is known as mobile health or mHealth.	e.g., patient use of mobile phones to support management of chronic disease; and health information gathering using the Internet by patients and health workers. "take pictures of the X-rays and send them to whoever is on [duty] at the tertiary hospital."	Interview study: The bottom-up use of mobile phones has been evolving to fill the gaps to augment primary care services in South Africa; however, barriers to access remain, such as poor digital infrastructure and low digital literacy.
	Ilozumba et al., 2018	mHealth as mobile computing, medical sensor, and communications technologies for health care.	Mobile for Mothers, a mobile application that is installed on a standard mobile phone.	Quasi-experimental study: contextual factors must be explicitly addressed in the design of mHealth interventions. A failure to do this could lead to an underestimation or overestimation of mHealth effectiveness.
	Jazayeri & Jamshidnezhad, 2019	mHealth, a sector of mobile health, is an aggregation and sharing of health services and information between patients and provider via mobile and wireless devices such as phones.	Symptomate Symptom Checker: An informational apps where users search for recommendations regarding potential clinicians, health insurance policies and pharmaceutical services.	Systematic review: A limited amount of apps are available today which integrate and address crucial features for both paediatrics and clinical specialists. Mobile apps offer the effective solutions to monitor the health care but are limited to diagnosis of diseases particularly for the paediatrics.

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	Author	Conceptual X	Empirical X'	Indicator X''
PubMed	Cho et al., 2018	m-Health, health intervention using mobile technologies such as mobile phones, wearable devices, personal digital assistants, tablet PCs, and so on.	E.g. automated SMS to improve medication adherence. Free SMS containing information of family planning methods such as contraception.	Study protocol: Systematic review: m-Health studies in low- and middle-income countries are suboptimally based on behaviour change theory yet and the way theories are applied could be further improved.
	Ilozumba et al., 2018	mHealth, the use of mobile phones or portable devices such as personal digital assistants for healthcare service delivery.	SMS, mobile applications, and phone calls which address maternal health issues, such as attendance at antenatal care visits.	Systematic Reviews and Meta-Analyses: An understanding of [the role of targeting strategies is in the implementation of interventions and how these are related to reproductive health decision-making roles in different contexts] is fundamental in future design.
	Barnes & Prescott, 2018	eHealth, health care practice supported by electronic processes and communication. mHealth (versions of eHealth using mobile devices).	Therapeutic games in helping to reduce anxiety levels in adolescents. E.g. video games Dojo and gNats Island.	Systematic search: Therapeutic games have potential in helping to engage adolescents with anxiety and lead to clinically measurable reductions in symptoms.
	O'Donovan et al., 2018	mHealth, interventions and programs designed to support medical and public health through the use of mobile technology.	Videos loaded onto low-cost Android tablets to train community health workers on the pneumonia component of Integrated Community Case Management.	Pilot randomised controlled trial: Tablet-based training is comparable to traditional training in terms of knowledge acquisition.
	Thomas-Purcell et al., 2019	mHealth, a medical and public health practice supported by mobile devices such as mobile phones, patient-monitoring devices, personal digital assistants, and other wireless devices.	Determine targets for a tailored mHealth intervention focused on multiple chronic conditions and health literacy.*	Semi-structured interviews: Results support the utility of mHealth interventions to improve health literacy and promote chronic disease self-management.

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Table S2. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
PubMed	Afa et al., 2018	Digital health (also mobile health, mHealth, or eHealth,) is a branch of healthcare that employs internet, digital, and mobile technologies for improving health and/or treating specific medical conditions.	Digital health technologies for people with epilepsy including internet-based resources and mobile apps for seizure management.	Survey study: Over 90% of responders would be interested in using a mobile app to manage their seizures, while 75% were interested in listening to specific music that can reduce seizures.
SpringerLink	Malasinghe et al., 2017	Remote healthcare has many categories, (e.g. telehealth, mobile health) all of which mean monitoring of patients outside hospital conditions by the means of technology.	Heart related monitoring systems, e.g. electrocardiogram, electroencephalogram.	Review: This emerging field of technology is making substantial impact on the society as well as the research community. **
	Treskes et al., 2019	mHealth, the provision of medical care by mobile technologies capable of delivering health information, monitoring clinical signs and enabling direct care and patient education.	mHealth questionnaire.*	Questionnaire: Grown-up patients with congenital heart disease patients who are symptomatic, those on antiarrhythmic drug therapy and those on diuretics are suitable candidates for enrolment in future mHealth initiatives because of both high care utilisation and high motivation to start using mHealth.
	Hategan et al., 2019	mHealth includes mobile apps, which are tools that can help individuals promote healthy living, gain access to useful information, and in some circumstances, receive care or manage their own health.	Digital Suicide Prevention.*	By collecting and analysing large population data and patient data, digital technology could theoretically help clinicians to identify and quantify useful objective predictors in clinical suicide risk assessment.**

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	Author	Conceptual X	Empirical X'	Indicator X''
SpringerLink	dos Santos Chagas et al. 2018	mHealth integrates mobile technology with public health practices with the purpose of improving communication and achieving healthy lifestyles.	Rango Cards, a digital game designed as a food and nutrition education tool based on Brazilian dietary guidelines.	Study protocol: Randomised study: We believe that Rango Cards will provide a comprehensive experience on the topic, improving the students' autonomy, motivation, and pleasure of learning.***
	Nelissen et al., 2018	mHealth, medical and public health practice supported by mobile devices.	OMORON mobile app for remote patient monitoring by cardiologists, e.g. blood pressure control.	Pilot: Interviews and blood pressure measurements: 71% returned to the pharmacy after enrolment, with 3.3 months. Mean systolic blood pressure decreased 9.9 mmHg. Blood pressure on target increased from 24 to 56% and an additional 10% had an improved blood pressure at end line, however this was not associated with duration of mHealth activity.
	Moodley et al., 2019	m-Health, the use of mobile communication technologies for the delivery and support of health care.	Papanicolaou smear (cytology-based screening tool) results and appointment reminders via SMS.	Cross-sectional survey: Results indicated interest and potential for mHealth interventions in improving follow-up and management of clients with abnormal Pap smears. Health system and privacy issues will need to be addressed for mHealth to achieve this potential.
	Kabanda & Rother, 2019	mHealth, the utilisation of mobile technology in health care.	Mobile application for Pesticide Notification Guideline.	Online questionnaire: A significant association was found between participants' knowledge that acute pesticide poisoning is a notifiable condition, and ever reporting the poisoning to the National Department of Health. Mobile health applications appear to support overburdened medical education programmes and promote better patient care.

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Table S2. Continued

SpringerLink	Author	Conceptual X	Empirical X'	Indicator X''
	Franko et al., 2018	mHealth, the use of mobile devices to support public health measures.	Interactive voice response-system to identify symptoms of the most common childhood diseases in sub-Saharan Africa and to deliver appropriate health advice via mobile phone	Development of an algorithm: The tool detected the symptoms of cough, fever, diarrhoea and vomiting with good agreement to the physicians' finding.
	Phillips et al., 2019	mHealth, medical or public health practice supported by mobile devices, i.e. phones, patient monitoring devices, personal digital assistants and other wireless devices.	An online spaced learning module delivering authentic case-based cancer pain assessment scenarios directly to participants' mobile devices.	Study protocol: Randomised controlled trial: This mHealth intervention will provide health services with an opportunity to offer an evidence-based, pedagogically robust, cost-effective, scalable training alternative.***
	Goldstein et al., 2018	mHealth, use of smartphones for self-report surveys, wearable sensors.	Wrist-worn accelerometer to detect, monitor, and rate eating, physical activity, and sedentary behaviour, and smartphone-based self-report surveys.	Study protocol: Cohort study: This new understanding could directly contribute to improved guidelines for recommended pre- and postoperative behaviours, which could lead to improved surgical outcomes.***

*No existing empirical data, presenting potential tools. That is, the author does not give a real example.

**Measures only potential use/benefits or put forward a theoretical reasoning. That is, the author has not conducted a study or obtained evidence for their claim.

***Does not present measurable results.

Table S3. Definitions of e-health, Google

Author	Conceptual X	Empirical X'	Indicator X''
Google Fysioterapeuterna, 2018	E-health, to use digital tools and digitally exchange information to obtain and maintain health.	Healthcare Guide 1177.	Sweden's gathering place for information and services in health and care.**
Health Jordan, 2019	eHealth, using technology to improve the quality of healthcare.	*	Researchers are working to develop a process to automatically validate electronic health records to determine whether they conform to necessary standards. Researchers are also working to determine how simulation can be used to strengthen prediction models for infectious diseases. **
MidCentral District Health Board, 2018	Digital health, the use of digital technologies and accessible data, and the associated cultural change it induces, to help New Zealanders manage their health and wellbeing and transform the nature of healthcare delivery.	The Picture Archiving and Communication System comprises of data storage, image display and links to equipment that acquires the diagnostic images (digital x-rays).	***
Region Orebro County, 2018	E-health, to use it and modern communication solutions to improve the public health, the healthcare, the dental care, the caring and the social services.	Contact the healthcare via the Internet for service and advice.	Create conditions for increased participation, increased co-determination, increased collaboration around IT-support of common interest and create the conditions for increased exchange of experience and better-quality monitoring. **
Australian Digital Health Agency, 2019	Digital health, about electronically connecting up the points of care so that health information can be shared securely.	The My Health Record system provides access to (e.g.): shared health summary, key information about a key healthcare event relevant to ongoing care, prescription and dispense records.	***

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	Author	Conceptual X	Empirical X'	Indicator X''
Google	Soderkoping Municipality, 2018	E-health, with the help of a mobile phone, an e-service, a GPS alarm, a drug dispenser, a night camera, a calendar app or any other digital tool or digital communication service, gain greater prosperity, increased independence and increased participation.	Staff perform actions in a new way with the help of such a technology as mobile telephones, iPads, and video-technology in the daily work towards users.*	Access to social services and healthcare will be improved through, among other things, digital solutions that enable people to have remote contact with businesses and receive support and intervention from the home.**
	Wijer et al., 2019	e-Health, an emerging field in the intersection of medical informatics, public health and business, referring to health services and information delivered or enhanced through the Internet and related technologies.	provide compassionate care in the digital sphere, that is, 'digital compassion'.	Protocol: Review: ***
	US Agency for International Development, 2018	Digital health, an umbrella term that encompasses all concepts and activities at the intersection of health and ICTs. This includes the delivery of health information, using ICTs to improve public health services, and using health information systems to capture, store, manage or transmit information on patient health or health facility activities.	A USAID project in Tanzania took on the challenge of mapping more than 30,000 kilometres of road connecting more than 5,600 health facilities across the country.	This digital map can be used not just by those delivering medical supplies, but also by food producers transporting crops to market, tour operators showcasing Tanzania's spectacular wildlife, and others engaged in commerce who are driving Tanzania's economic growth and development.**
	Willmott et al., 2019	eHealth, the use of ICTs for health.	eHealth weight management interventions using weekly emails with tips for achieving set goals and weblinks to personal accounts for viewing progress and accessing additional material.	Systematic review: [There is a] limited evidence base for eHealth weight management interventions targeting young adults.

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Table S3. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
Google	Amato et al., 2019	E-health, all the services or systems laying on the edge of healthcare and information technology.	HOLMeS, health online medical suggestions - through a chat-bot module.	Artefact development: The obtained results demonstrate the effectiveness of the machine learning algorithms, showing an area under receiver operating characteristic curve (AUC) of 74.65% when some first-level features are used to assess the occurrence of different chronic diseases within specific prevention pathways. When disease-specific features are added, HOLMeS shows an AUC of 86.78%, achieving a greater effectiveness in supporting clinical decisions.

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***Does not present measurable results.

Table S4. Definitions of m-health, Google

Google	Author	Conceptual X	Empirical X'	Indicator X''
International Telecommunication Union, 2019		mHealth, the use of mobile technology to provide health care support to patients or technical support to health service providers in a direct, low-cost and engaging manner.	Mobile phones [can] offer a way to reach people currently outside the formal health system.	Mobile health offers a way to reduce health care costs by empowering citizens to intervene in their own health care early on and by using cost-effective and already existing technology. ***
Karolinska Institutet, 2017		mHealth, an abbreviation for mobile health, a term for the use of mobile devices in medicine and public health.	The help of mobile phone to collect clinical health data and the development of smartphone apps to track diseases.	***
George Mason University, 2018		mHealth, the delivery of healthcare services via mobile communication devices.	Diabetes T2 app on a tablet: Uses SMS to Send Diabetes information to patients, Provide Diabetes Decision Support, - Store Patient Data	This will provide the Salubristas with the necessary tools to care for more patients and increase the quality of care provided.**
Klepochová, 2018		mHealth encompasses all applications of telecommunications and multimedia technologies for the delivery of healthcare and health information.	Mobile app for nutrition and health care.	Semi-structured interviews: 64,4% of respondents recognize mobile health applications and 49% of youngsters have already tested such mobile healthcare applications. 28% of seniors would be willing to go through a mobile app for nutrition and health care.
Discovery, 2018		mHealth, an abbreviation for mobile health, a term used for the practice of medicine and public health supported by mobile devices.	A doctor can create an Electronic Health Record of their patient's medical history and current health status. Patients can then link their medical devices or wellness wearables to an app, which can monitor vital health statistics and send updates to their doctor's smartphone or tablet.	Mobile health enhances the doctor-patient relationship by allowing virtual consultation in real time, from text messaging to video calls. It also empowers the patient to engage daily in their health.**

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Table S4. Continued

	Author	Conceptual X	Empirical X'	Indicator X''
Google	Howley, 2018	mHealth, used to describe any medical or public health practice supported by a mobile device.	Mobile apps to track nutrition and physical activity. Facilitating communication with the medical system (e.g., appointment and medication tracking) and monitoring of medical conditions.	Discussion: Among the elderly, mHealth has been shown to improve self-efficacy, medication adherence, and the quality of health behaviours such as sleep, exercise, and diet.
	Kelly, 2018	mHealth, a general term for the use of mobile phones and other wireless technology in medical care.	Electronic Data Capture (EDC), the system designed to collect the patient health dataset. Electronic Health Record (EHR), the systems that collect the electronic patient's health record.	Semi-structured interview: In the intermediate term, it is unlikely that wearables, sensors and EHR data will replace existing EDC systems, but it is likely that EHR and mHealth data will complement and begin to supplement certain variables used in clinical research.
	University of North Carolina, 2017	mHealth, a broad field that encompasses the many ways mobile technology is used to improve people's health regardless of time and place.	The ePSS is an application designed to help primary care clinicians identify clinical preventive services that are appropriate for their patients.	***
	Green et al., 2018	mHealth, the use of mobile phones and other wireless technologies in medical care.	Medical Calculator Apps assist in calculating clinical scores and indices. E.g. calculation of body mass index.	Review of app stores and online survey: The use of mobile phone apps provides a myriad of opportunities to further the ever-changing field of anaesthesiology. It is important to keep in mind that they cannot be a substitute for a fully trained anaesthesiologist but to merely facilitate the learning and patient care process.

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Table S4. Continued

Google	Author	Conceptual X	Empirical X'	Indicator X''
	University of Arizona, 2017	mHealth, the practice of public health and medicine, supported by mobile devices.	Mobile devices to conduct assessments and interventions related to improving the health status of individuals and populations.*	***

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