

# Behaviour change: digital and mobile health interventions

Information for the public

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## Using digital technology to make healthy lifestyle changes

A healthy lifestyle helps to protect people from long-term health problems like diabetes and heart disease. Many people now use apps, websites and other digital technologies to help them change their habits and make healthier choices, like eating better, taking more exercise, cutting down on drinking and stopping smoking. These digital tools can also help people who already have health conditions by helping them stick to their healthy lifestyle plan and track their progress. But with so many different apps and tools available it can be hard to choose between them or to know which ones work best.

We want this guideline to help everyone who wants to use digital technology for healthier living, especially those who have a higher risk of health problems, by making sure:

- people know where to get reliable apps and other digital tools, such as from the [NHS Apps Library](#)
- people with health problems get advice from their healthcare professional about which apps are most suitable for them
- apps are not used to replace health advice from a healthcare professional.

## Where can I find out more?

[NHS Live Well](#) has advice on healthy living and links to more information and digital tools.

To share an experience of care you have received, contact your local [Healthwatch](#).

We wrote this guideline with people who have experience in researching and using digital technology themselves or to support people to change their behaviour. All the decisions are based on the best research available.

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