

The Role of Digital Health in T ansfo ming P eventive Ca e

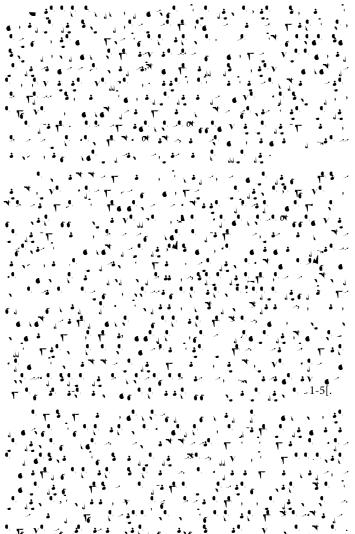
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tools and wearable technology, of ering individuals the power to monitor diverse facets of their health in real-time.

ftness tracking to provide comprehensive insights into overall health. This abstract explores the pivotal role played by digital health in redefining preventive care, highlighting its capacity to empower individuals through continuous health

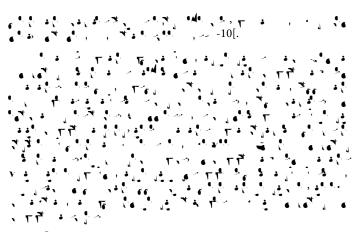
Introduction



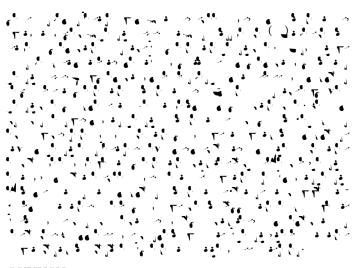
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Conclusion



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