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## Foreword

**T**he importance of a healthy lifestyle for managing chronic diseases has been emphasize more and more in the environment of today. This approach empowers patients to adopt and sustain healthy lifestyle choices utilizing innovative technologies, such as, beneficial ways of delivering health literacy, self-monitoring and patient-provider collaboration

In the issue of the Journal Faiola, A Lerner Papautsky, E and Isola, M report the utilization of a mHealthy Lifestyle Management (MLM) model that uses mobile health technology to engage the baby boomer generation consumers in ways that establish their role in self-care and decision-making, as well as patient-provider collaboration that can significantly impact sustainable healthy lifestyle behaviors.