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Sommario/riassunto	The field of cybertherapy is becoming more widely accepted and implemented. The advantages that tele-health and mobile health have to offer, such as more readily accessible medical records, reliable user-friendly health advice on demand and patient-centric care are undeniable, and have resulted in exciting advances in how the needs of patients and caregivers alike are addressed. Better educated patients are becoming more responsible and proactive, taking charge of their own health and adopting and adhering to healthier lifestyle choices, and the goal of a healthy population and more efficient and effective healthcare becomes more attainable each day.