Figure 1. Factors fostering patient health engagement

- **EMOTIONAL-FEELING DIMENSION**
  - Psychological support for elaborating and accepting the diagnosis
  - Elaboration of a better self image (from "diabetic" to "person")
  - Support for avoiding isolation and constructing good social relationship
  - Motivational intervention for becoming able to focus on small daily success, rather than to chronicity of cure
  - Good doctor-patient relationship for feeling understood and hold
  - To feel "guided"
  - To feel partner, not alone
  - Fostering "positive" approach to care & cure

- **COGNITIVE-THINKING DIMENSION**
  - Deep information on the disease characteristics, life expectation and the rational of therapy and lifestyle change
  - Deep information on therapies function, value and rational
  - Support to recognize symptoms and signs related to one’s own health status
  - Supports for translating abstract medical "recipes" into practical conducts
  - Supports (like remind) to assist the patients in their daily adherence to treatment and to seasonal controls

- **PATIENT HEALTH ENGAGEMENT**

- **BEHAVIORAL-CONATIVE DIMENSION**
  - Better integrated care (i.e. synergy from hospital to territorial care system)
  - Improved access to healthcare (for controls, for therapies...)
  - Accessible infrastructure (for physical activities; for social activities...)
  - Improved patient-doctor communication (with remote monitoring technology, with dedicated toll-free numbers...)
  - Devices that support the patient in measuring calories, physical activity, level of glycaemia...