

## **Reassembling mHealth: From ‘Posthuman’ to ‘Inhuman’**

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## **Abstract**

By allowing users to observe, manage and record their exercise, food consumption and sleep patterns, the increasing success of mobile technologies has seen the development of a plethora of health, fitness and lifestyle applications. These applications comprise a growing field of mHealth technologies, which seek to support and, in some cases, deliver medical practice. While, for the moment, many of these technologies remain ‘outside’ the body, technological advancements are undoubtedly steering a path towards their ‘integration’ in the human body (most notably, on a bio-molecular level). These changes posit a relocation of ‘the body’ into a wider technological assemblage and algorithmic logic that controls, positions and manages the body’s materiality. By critically examining the interlinkages between posthumanism and assemblage theory, this paper will consider how the significance of emerging technological assemblages lies in their capacity to highlight the antagonisms and contradictions that inherently affirm the importance of the subject. Drawing from a psychoanalytic reading of the subject, it will be argued that it is through an ‘inhuman’ perspective that the ethical importance of our mHealth technologies can help to (re)imagine health and wellness for the contemporary (digital) subject, whilst also warning us of their role in the continued reinforcement of neoliberal, biomedical and individualized discourses.

Indeed, it is only by recognizing the role of the subject that we can position users as undergoing a certain orientation to both themselves and their wider health assemblages. It will be argued that this can allow us to realise the capacities of such platforms, whilst mitigating against the potential to ‘fully’ concede to the embodied encroachment of internalized technologies.

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