Multimedia Appendix 2.	The categorization	process of the themes.
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Sub-categories	Categories	Theme
Striving for a change		Nondigital factors influencing active engagement
Patient safety	Interaction with health	
To gain support for health and care	care	
Patients that lead the way		
Not being alone	The strength of peers	
Help me navigate and coordinate the care	The strength of peers	
To monitor and measure over time		
Self-care as healing and	Improved health through	
preventive	self-care	
To make changes in my		
way of living		
Moving from manual to		Digital solutions to support active engagement
digital systems	In the lead of technical	
Pursues the digitalisation	innovations	
Digital services that	Innovations	
facilitate		
Social media	Community and support	
Webinars	through technology	
Web-based support	through technology	
Web-based research		
Searching engines	Searching Web-based	
Finding patterns	information	
Newsletters		