*Type of the Paper (Article, Review, Communication, etc.)*

**Title**

**Lastname Firstname 1, Lastname Firstname 2 and Lastname Firstname 2,\***

1 Affiliation 1; e-mail@e-mail.com

2 Affiliation 2; e-mail@e-mail.com

**\*** Correspondence: e-mail@e-mail.com; Tel.: (optional; include country code; if there are multiple corresponding authors, add author initials) +xx-xxxx-xxx-xxxx (F.L.)

Received: date; Accepted: date; Published: date

**Abstract:** A single paragraph of about 250 words maximum. For research articles, summaries should give a concise overview of the work. We strongly encourage authors to use the following style of structured abstracts, but without headings: (1) Background: Place the question addressed in a broad context and highlight the purpose of the study; (2) Methods: Describe briefly the main methods or treatments applied; (3) Results: Summarize the article's main findings; and (4) Conclusions: Indicate the main conclusions or interpretations. The abstract should be an objective representation of the paper. It must not contain results that are not presented and substantiated in the main text and should not exaggerate the main conclusions.

**Keywords:** keyword 1; keyword 2; keyword 3 (List three to ten pertinent keywords specific to the article; yet reasonably common within the subject discipline.)

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**0. The usage of the Template**

The template details the sections that can be used in a manuscript. Note that each section has a similar style, which can be found in the ‘Styles’ menu of Word. Mandatory chapters are listed. The section titles given are for Articles. Review papers and other article types have a more flexible structure.

Remove the paragraph “0” and start section numbering with 1. For any questions, please contact the editorial office of the journal.

**1. Introduction**

The introduction should briefly describe the study in a broader context and highlight why it is essential. It should define the purpose of the work and its significance. The current state of the research field should be reviewed carefully, and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, the main aim of the work and highlight the principal conclusions should be mentioned. The introduction should be understandable to scientists outside the particular field of research. References should be numbered in order of appearance and indicated by a numeral or numerals in square brackets, e.g., [1] or [2,3], or [4–6]. See the end of the document for further details on references.

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Materials and Methods should be described with sufficient details to allow others to replicate and build on published results. Please note that the publication of your manuscript implicates that you must make all materials, data, computer code, and protocols associated with the paper available to readers. Please disclose at the submission stage any restrictions on the availability of materials or information. New methods and protocols should be described in detail, while well-established methods can be briefly described and appropriately cited.

Research manuscripts reporting large datasets that are deposited in a publicly available database should specify where the data have been stored and provide the relevant accession information

The approval and the corresponding ethical approval code should be provided for the intervention research involving animals or humans, and other studies require IRB acceptance.

**3. Results**

The results chapter may be divided by subheadings. It should provide a concise and precise description of the experimental results, their interpretation as well as the experimental conclusions that can be drawn.

*3.1. Subsection*

3.1.1. Subsubsection

Numbered lists can be added as follows:

1. First item
2. Second item
3. Third item

The text continues here.

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All figures and tables should be cited in the main text as Figure 1, Table 1, etc.

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**Table 1.** Here is a table. Tables should be placed in the main text near to the first time they are cited.

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1 Tables may have a footer.

**4. Discussion**

The authors should discuss the results and how to interpret them in the light of previous research and working hypotheses. The results and their consequences should be addressed in the broadest possible context. Future research directions can also be identified.

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This section is not mandatory but may be added if other explanatory information is related to the work reported in this manuscript.

**Supplementary Materials:** Other materials (i.e., video clip) may supplement the submitted paper if necessary. The content will be available online at http://www.e-health.pl.

**Author Contributions:** For research articles with several authors, a short paragraph specifying their contributions must be provided. The following statements should be used “conceptualization, X.X. and Y.Y.; methodology, X.X.; software, X.X.; validation, X.X., Y.Y. and Z.Z.; formal analysis, X.X.; investigation, X.X.; resources, X.X.; data curation, X.X.; writing—original draft preparation, X.X.; writing—review and editing, X.X.; visualization, X.X.; supervision, X.X.; project administration, X.X.; funding acquisition, Y.Y.”.

Contributor Roles Taxonomy (CRediT):

* Conceptualization - Ideas; formulation or evolution of overarching research goals and aims.
* Data curation - Management activities to annotate (produce metadata), scrub data and maintain research data (including software code, where it is necessary for interpreting the data itself) for initial use and later re-use.
* Formal analysis - Application of statistical, mathematical, computational, or other formal techniques to analyze or synthesize study data.
* Funding - The financial support for the project leading to this publication should be explained.
* Investigation - Conducting a research and investigation process, explicitly performing the experiments or data/evidence collection.
* Methodology - Development or design of methodology; creation of models.
* Project administration - Management and coordination responsibility for the research activity planning and execution.
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* animals, instrumentation, computing resources, or other analysis tools.
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* implementation of the computer code and supporting algorithms; testing of existing code components.
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**Appendix A**

The appendix is an optional section that can contain details and data supplemental to the main text.

**Appendix B**

All appendix sections must be cited in the main text. In the appendixes, Figures, Tables, etc. should be labeled starting with ‘A,’ e.g., Figure A1, Figure A2, etc.

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1. Author 1, A.B.; Author 2, C.D. Title of the article. *Abbreviated Journal Name* **Year**, *Volume*, page range.
2. Author 1, A.; Author 2, B. Title of the chapter. In *Book Title*, 2nd ed.; Editor 1, A., Editor 2, B., Eds.; Publisher: Publisher Location, Country, 2007; Volume 3, pp. 154–196.
3. Author 1, A.; Author 2, B. *Book Title*, 3rd ed.; Publisher: Publisher Location, Country, 2008; pp. 154–196.
4. Author 1, A.B.; Author 2, C. Title of Unpublished Work. Abbreviated Journal Name stage of publication (under review; accepted; in press).
5. Author 1, A.B. (University, City, State, Country); Author 2, C. (Institute, City, State, Country). Personal communication, 2012.
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