

Privacy and security tips for using health apps



Research before installing it

Read independent reviews of the app and check the developers' website to see if they are credible. If in doubt don't download the app.



Lock your phone

Use a PIN or password to lock your phone – it's one of the best ways to protect your data. Set your phone to automatically lock when you're not using it.



Read the privacy policy and terms of use

Who your data is shared with should be made clear in the policy. Also, a privacy policy doesn't mean your data will be private.



[Click here](#)

Don't click on strange links

Don't click on suspicious or unknown links or attachments.



Avoid signing up with your Google or Facebook account

Your information could be shared through these parties.



Delete apps you're not using

If you stop using an app, delete it. If the app allows, delete your account and other data.



Be aware of permissions

Be suspicious if an app asks for data not related to its main use, or asks for permission to access functions that seem unrelated.



Give feedback

If you have been pestered by third parties or advertisers, send feedback to the developers and app stores.



Take care when sharing information

Don't share your real name or any other personal information unless you're using a secure system.



For more privacy and security tips, visit:

<https://healthify.nz/apps/s/security-and-privacy-of-health-apps>