Tips to improve your privacy and security when using health apps

With the growing use of healthcare apps and devices, you need to take care of how your personal health information is collected and used. Here are some tips to help you keep your personal information private and secure.

Research the app before installing it

Check if the developers have a valid website and if they seem credible. Also, check online for independent reviews of the app. If in doubt, leave it out - don't download the app.

Read the privacy policy and terms of use

Information about who your data is shared with should be made clear in the privacy policy. Note that just because there's a privacy policy, doesn't necessarily mean your data will be private.

Avoid signing up to apps with your Google or Facebook account

Your information could be shared through these parties. When signing up, don't use a name that identifies you – use a false name.
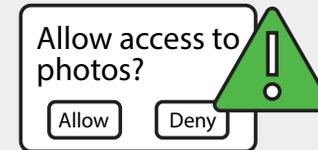
Be aware of permissions

Be suspicious if an app asks for data that is not related to its main use, or if it asks you for permission to access functions on your mobile that seem unrelated.

Take care when sharing sensitive information

Don't share your name and any personal information unless you are using a secure system.

Lock your phone

Locking your phone with a PIN or password is one of the best ways you can protect your data. If possible, set your phone to automatically lock when not in use.

Don't click on strange links

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

Delete apps you're not using

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

Give feedback

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

For more tips to improve your privacy and security on health apps, visit **healthnavigator.org.nz/apps**