CHiME®
DIGITAL HEALTH LEADERS

THINK BEFORE YOU CLICK!
FIVE TIPS TO HELP YOU PROTECT YOUR HEALTH DATA AND STAY SAFE WHEN USING HEALTH APPS*

1 DOWNLOAD FROM TRUSTED APP STORES AND USE A STRONG PASSWORD

Official app stores are more likely to have healthcare apps that have gone through the minimum-security review of first party stores. Use a unique and strong password when you create an account with a health app.

2 CAREFULLY READ THE PRIVACY TERMS AND CONDITIONS

While the legal writing may be confusing, understanding if the app is protected by federal law or is storing your sensitive health data in a vulnerable place can help protect you from someone stealing your data.

3 FIND OUT WHAT DATA THE APP IS COLLECTING

Not every app collects just the data you think its collecting. Make sure you understand exactly what data they capture and store before you click accept on data sharing prompts.

4 DETERMINE WHERE THE APP WAS DEVELOPED AND DATA IS STORED

Who develops and where the app was developed could impact how they use, store, and share your sensitive health data. If you are uncomfortable with who the developer is or where the app was developed choose an alternative.

5 KNOW IF THE APP SHARES OR SELLS YOUR DATA

Some applications – especially ones marketed as free – make money by sharing or selling your data, sometimes without you even knowing it. Be sure you know what the app is doing with your data and never authorize the app to share your data on social media.

*For more information on U.S. government resources or to report data misuse visit **www.consumer.ftc.gov***