



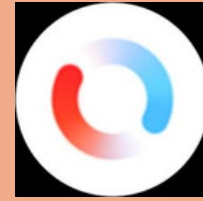
Third Party HEALTH APPS

How to keep your data safe



What is a third party app?

A third party app is any app that you can download on your phone or computer that did not come with the phone or computer. Examples include MyChart, Helio, HealthView, MyFitnessPal, Healow, Blood Oxygen App, Heartify, and more.



Why would you want to share your information with a third party app?

It's ok to use third party apps! You may want to use a third party app to track your progress towards a fitness or health goal. Knowing your health data and seeing changes over time as you use an app can be informative and encouraging. Accessing your health information such as medications, allergies, and vitals can also help you manage and feel more in control of your healthcare.

How is your data being used? Are you and your data the product?

Third party apps do not have to follow the same regulations as your doctor's office for protecting your health information, so it is important to know what data you are sharing and who can access it. Data can be used for various purposes. Pay attention to the app's terms & conditions and privacy policies to understand happens to your data once it is in the app- especially if the app is free to use.



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Why It's Easy For Hackers To Hack

The average user has 26 password-protected accounts but only 5 different passwords across these accounts.

Over 60% of people use the same password across multiple sites.

Keep Your Phone SECURE

How To Tell If Your Phone Has Been Hacked

- Phone performing slowly
- Random pop-ups
- High data usage
- Severe battery drain
- Unrecognizable apps on your phone
- Unknown calls or texts



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APP SECURITY GOLDEN RULES



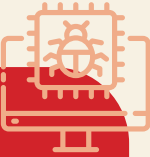
Avoid Using a Public Wi-Fi Network

Open Wi-Fi networks in coffee shops, hotels and other places are convenient but not secure and may be vulnerable to hacking. Protect your information by using private, password-protected wifi networks only.



Ask App Not to Track

A notification will pop up when you first use an app asking if it can track you. Be sure to click "Ask App Not to Track". This stops app developers from accessing the identifier on your iPhone so your data is not linked to you specifically.



Keep Apps Up to Date

When an app releases an update, it is important not to ignore this notification and to update the app. Usually updates include fixing bugs and addressing security issues.



Check App Privacy Details

If you click on an app in the app store and scroll down there is an App Privacy section. Look for it to say "Data Not Linked to You." This means that your data is being used as part of a larger set of data, but it is "de-identified," meaning someone cannot see your exact details and know they are yours.



Read the Terms & Conditions

Be sure to read the Terms & Conditions when you download an app before clicking "Agree." Look for what it says about sharing data with other parties and if data is linked to you.

Manage Location Services

iPhone: Go to "Settings" on your phone, scroll down to the specific app and open the app settings. If the app collects location data, there will be a row that says "Location," and the options will be to share your location always, when using the app, or never.

Android: Press the location icon, tap on "App Permissions," and this will show you a list of your current apps that have permission to access your location. Tap on any of them to change.



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