



# Using a health app?

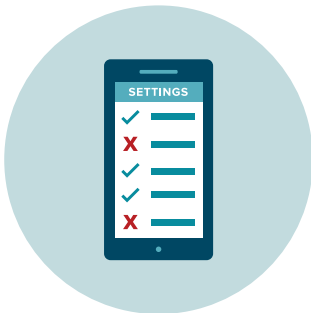
Here are some ways to **protect your privacy** and reduce the chance of identity theft and other fraud.



## Compare options on privacy.

When you're considering a health app, ask some key questions.

- Why does the app collect your information?
- How does the app share your information — and with whom?
- Then, choose the app with the level of privacy you prefer.



## Take control of your information.

Do app settings let you control the health information the app collects and shares?

And is your app up to date?



## Know the risks.

Are the app's services worth risking your personal information getting into the wrong hands?



## Report your concerns.

Do you think a health app shared personal information without your permission?

Tell the FTC at  
[ReportFraud.ftc.gov](https://www.ftc.gov/identitytheft)



## Report identity theft.

Do you think your identity was stolen as a result of using a health app?

Report it at  
[identitytheft.gov](https://www.ftc.gov/identitytheft)



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