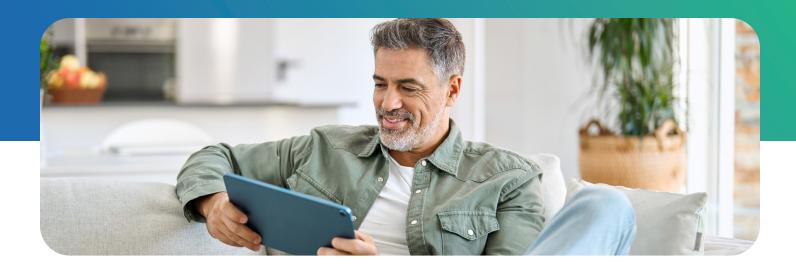
## Your Health is Precious— So is Your Data



As more people use fitness trackers, health apps and virtual care platforms, personal wellness data has become a valuable target for cybercriminals. Protecting this sensitive information is key to maintaining your privacy and well-being.

## How to protect your health data:

- **Use Strong, Unique Passwords**
- Create different password for each wellness app or device and enable multi-factor authentication whenever possible.
  - **Review Privacy Settings**
- Check what data your apps are collecting, how it's stored and whether it's being shared with third parties. Limit permissions to only what's necessary.
  - **Keep Devices and Apps Updated**
- 3 Regular software updates fix security weaknesses. Make sure your wearable tech, apps and phone operating systems are always current.
  - Be Cautious with Public Wi-Fi
- 4 Avoid accessing sensitive health apps or accounts on unsecured networks. Use a VPN if you need to connect outside trusted networks.
  - **Choose Trusted Providers**
- Download apps only from official stores and research whether the company has a strong track record of data security.

By practicing good cybersecurity habits, you can keep your personal health information safe and focus on what matters most: your well-being.