

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:

1 Use Strong, Unique Passwords

Create different password for each wellness app or device and enable multi-factor authentication whenever possible.

2 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.

3 Keep Devices and Apps Updated

Regular software updates fix security weaknesses. Make sure your wearable tech, apps and phone operating systems are always current.

4 Be Cautious with Public Wi-Fi

Avoid accessing sensitive health apps or accounts on unsecured networks. Use a VPN if you need to connect outside trusted networks.

5 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.