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?

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Report your concerns.
Do you think a health app shared personal information without your permission?
Tell the FTC at ReportFraud.ftc.gov

Report identity theft.
Do you think your identity was stolen as a result of using a health app?
Report it at identitytheft.gov.