

# Protecting Personal Health Data Online for Non-experts

*Safeguarding your medical information online*

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- 1 Use a password manager to create unique passwords for each health app.
- 2 Enable two-factor authentication on all health portals and wellness apps.
- 3 Read app permissions carefully before accepting data-sharing agreements.
- 4 Never access health portals on public Wi-Fi without a VPN.
- 5 Review insurance explanation of benefits statements every 90 days.
- 6 Check credit reports quarterly for unauthorized medical claims.
- 7 Update wearable device firmware immediately when updates become available.
- 8 Switch to trusted wearable brands with regular security update records.
- 9 Use authenticator apps instead of text message codes for 2FA.
- 10 Avoid reusing passwords across health apps and social media accounts.
- 11 Monitor for medical identity theft signs like unexpected debt collector calls.