

# NAVIGATING HEALTH WITH YOUR MOBILE DEVICES: RESOURCE GUIDE



## TYPES OF MOBILE DEVICES

### Smartphones

1. Mobile phone that has many of the functions of a computer touch screen.
2. Ability to access the Internet.
3. Operating system that can use apps.

### Tablet (Tablet Computer)

1. Computer that is typically flat, thin, and highly portable.
2. Touch screen (instead of a keyboard).
3. Ability to access the Internet.
4. Operating system that can use apps.

## HOW TO DOWNLOAD AN APP



- Tap on the App Store or Google Play store on your mobile device.
- Use the search bar to search for the app that you would like to download. For example, “Facebook.”
- Ensure that you are downloading the correct app by confirming the name and the description of the service.
- When you find what you’re looking for, tap on “Download,” and it will be added to your mobile device.
- Your app should now be on your phone and ready to use.
- You may need to log in or create an account.

## DELETING AN APP



### **On an Apple Device:**

1. Find the app you want to delete.
2. Hold your finger on the app, and a menu will appear.
3. Choose “Delete App.”

### **On an Android Device:**

1. Go to the settings app.
2. Choose “Apps & Notifications,” then “See All Apps.”
3. Scroll down until you find the app you want to remove and tap it.
4. Select “Uninstall.”

Not sure? Just do an Internet search on “how to delete an app” and include the name of your device. Usually step-by-step instructions will appear in the search results.

## KEY GLOSSARY TERMS



- **Push Notification:** An alert from an app that appears as a message on your screen, sometimes with an audio tone. Examples include:
  - Facebook may send you a push notification if there has been engagement with your profile, such as someone liking your post.
  - If you have a newspaper or sports app, these may send you a news update (eg, breaking news or scores).
- **Location Services:** Some apps ask if you’d like to share your location. This is generally only required for apps related to maps or transportation. In some cases, you can choose to share your location temporarily or only while the app is in use.