

HOW CAN APPS AID ME IN MY HEALTHCARE JOURNEY? RESOURCE GUIDE

THERE'S AN APP FOR THAT!

- Apps give you access to online tools or websites, in a user-friendly way that works well with your mobile device.
- Some apps are preloaded on your device. Others that you may want—or need—are available for download.
- Search the App Store or Google Play store on your mobile device to find apps.

COMMON TYPES OF APPS



There's an app for just about anything. Common categories with examples are below. Do your own search to find what you're looking for!

- Convenience (eg, Uber, DoorDash)
- Entertainment (eg, Netflix, YouTube)
- Games (eg, Crossword puzzles)
- Lifestyle (eg, MyFitnessPal)
- News (eg, New York Times)
- Productivity (eg, Calculator)
- Social media (eg, Facebook)

Spotting a Reputable App

- Double-check the name of the app to make sure you are downloading the correct one.
- Ensure the logo or branding matches the app you are searching for.
- Look for apps with a high number of positive reviews.

SECURE PAYMENTS



Many apps allow you to pay for services directly in the app using a credit card or debit card.

Tips for paying for services safely and securely:

- Make sure you have a password, both on your mobile device and the app you are using.
- It's often recommended to use a credit card instead of a bank account or debit card, as the issuers often have stronger protections in place.
- Consider dedicating a credit card specifically for using in apps. Check your credit card statement frequently.
- If you receive an email or phone call about your credit card or other personal information, do not share your information. Contact your issuing institution directly.

IMPORTANT SECURITY REMINDERS



- Many apps are free, but some may charge a fee to download the app or to use in-app services (eg, a newspaper's app may enable you to access more articles for a fee).
- Remember to pay attention to hidden costs and monthly subscriptions for "free" apps.
- Overall, use your judgment and be a savvy consumer, just as you would be offline.
- You can always delete an app if it isn't working for you.