Should I use a mobile health application to manage my health?

You may find mobile health applications (apps) useful for monitoring your health and managing your health information.

However, before using a mobile health application, you may wish to ask yourself the following questions:

- **Are you comfortable with any risks that using the application may pose to your privacy?**
  
  There are risks when you enter sensitive information into a mobile device. Mobile devices can be stolen, and developers of apps may share your information with someone other than your physician. Use password protection on your mobile device, and consult the terms of use for each mobile health application carefully.

- **Is the mobile health application endorsed by a professional association, medical society or health care organization?**
  
  If so, it is more likely that the information in the mobile health application can be trusted.

- **Has the mobile health application been updated within the last year?**
  
  Many developers release periodic updates to enhance their applications. If the application has not been updated in the past year, it may become less useful with time.

- **Is there a conflict of interest?**
  
  Consider learning more about the company or organization that developed the application. For example, is the developer also involved in developing commercial products used to deliver health care? Do they intend to sell your information to a third party?