

Basic recommendations for the Use of Health Apps



Appearances are deceptive

Check that the App's target audience, purpose and aims are clearly identified. Do not trust just a technical language or a good image.



No fear to show their face

Check that the App's managers are clearly identified and that is easy to contact with them.



Don't sell yourself (for less than nothing)

Keep in mind the App's funding and sponsorship sources, as well as the possibility of health information being mixed with advertising.



Information also expires

Check that the App's information has been recently updated.



Coming from a good family

Check that the health information comes from good references: bibliography, authors or renowned institutions.



Making all clear

La app de salud informa sobre los términos y condiciones con respecto a la comercialización de sus productos y servicios.



Size matters

Check that the App informs about the space occupied by itself, its data consumption and the telephone resources used.



Your treasure

Your data is yours.
Be sure about what the App is going to do with your personal data when they

Especialmente siempre recordar que...

The App is just a tool

Before taking any decision about your health, please verify the information provided with a professional.

