BEFORE YOU USE A HEALTH APP

Seeking
Does this app meet your need?

Usability
Is it easy to use?

Security
Do you need to make an account?
Who can see your information?
Where is the privacy policy?

Price
What is the up front cost of the app?
Are there in-app purchases?

Evaluation
Read the reviews, not just the star rating.

Creator
Who made the app?
Are they trustworthy?
Do they have a website?

Timeliness
When was the app made?
When was it last updated?

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