

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?