



# Use of health apps:

## Checklist

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There is a large number of health apps. Using them offers many advantages. However, it makes sense to consider the opportunities and risks and check the quality of the health app before using it.

The following questions can help you:

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### Publisher and imprint

- Can you recognize the provider and does it name its headquarters?
  - Does the provider indicate a contact address for concerns, questions or complaints?
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### Purpose and functionality

- What is the purpose of the app?
  - Do you belong to the target group of the app?
  - Does the app explain its own limitations (e.g. the app is no substitute for a visit to the doctor)?
  - Is the app up to date and is the last update less than 12 months ago?
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### Quality and reviews

- Was the app developed together with health experts (e.g. doctors, health organisations, universities, etc.)?
- Does the provider name its sources for health recommendations (e.g. studies, guidelines, references to experts, etc.)?
- Was the app already reviewed by other users?

### My notes

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## Financing and costs

- Does the provider disclose how the app is financed (important for free apps in particular)?
  - Does the provider name sponsors that may have an economic interest in the app?
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## Data protection and security

- Does the app have a privacy policy?
- Is the privacy policy easy to find (e.g. direct in the app) and easy to understand?
- Does it clearly and transparently explain which data are collected and saved?
- Are the health data saved on the smartphone or externally, e.g. in a cloud?
- Are the data saved in an encrypted/anonymous way?
- Does the provider obtain your consent before recording your personal data?
- Does it inform you whether data is passed on to third parties?
- Does the app access only the functions of your smartphone that are necessary for its use (e.g. camera)?
- Is there the option of erasing the collected and saved data?

## My notes

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