

# YOUR CONNECTED HEALTHCARE

The convergence of the internet and healthcare has created many benefits for patients and healthcare providers, but has also created vulnerabilities that cyber criminals regularly attempt to exploit. This infographic shares some of the most common ways patients and medical practitioners access health data using technology, and highlights tips to help you **Do Your Part**.  
**#BeCyberSmart**

## TELEHEALTH

Telehealth is the use of technologies, such as computers and mobile devices, to access health care services remotely if patients and healthcare providers can't be in the same place at the same time.



### TIP #1

Be sure your software is updated on your devices before engaging in a telehealth session and connect via a secure wifi connection to protect your session.



## WEARABLE HEALTH TECHNOLOGIES

Consumers are increasingly using wearable technologies (such as smart watches and heart rate monitors) for continuous monitoring of their health and wellness activities.

### TIP #2

Before purchasing a wearable technology, research the manufacturer & review the company's privacy policy to determine what steps they take to protect your data.

## HEALTH & WELLNESS APPS

Whether you're wanting to manage your diabetes, get medication reminders, or track your exercise routine, there's an app for that! Apps are a great way to actively manage your health and wellness efforts.



### TIP #3

Review the details of any health app before downloading. Only download from trusted sources, and read reviews prior to downloading. Immediately configure your privacy and security settings to limit how much information you share.



## ELECTRONIC HEALTH RECORDS

Electronic Health Records are a digital version of a patient's paper chart, making information available instantly and securely to authorized users.

### TIP #4

Make a long, unique passphrase to access healthcare accounts. Length trumps complexity. A strong passphrase is a sentence that is at least 12-15 characters long.