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Keep your health care information secure from cybercriminals [1]

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As part of Cybersecurity Awareness Month [3], brought to you by CU's Office of Information Security (OIS), we will share a way to enhance your security every week in October. This week, we are highlighting how to keep your health care information secure.

Health care has become more connected through technologies especially now that everything has shifted online due to an unpredicted pandemic. The convergence of health care being online carries many benefits, but this does mean that patients and health care providers could be at risk from cybercriminals.

Some programs and technologies that have become more popular throughout this time are telehealth, health and wellness apps, and online health records. All this information becomes vulnerable when it is transmitted online, and though it does make for easier access, you must ensure a safe way to access your healthcare accounts.

Connect to a secure Wi-Fi when attending online health appointments and always keep your health and wellness apps, as well as your mobile device, updated.

Learn more about keeping your health care information safe here [4].

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