

## Your Connected Healthcare <sup>[1]</sup>



The convergence of the internet and healthcare has created many benefits for patients and healthcare providers, but has also created vulnerabilities that cybercriminals regularly attempt to exploit.

### **Telehealth**

Telehealth is the use of technologies, such as computers and mobile devices, to access healthcare services remotely if patients and healthcare providers cannot be in the same place at the same time. Be sure your software is updated on your devices before engaging in a

telehealth session and connect via a secure Wi-Fi 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. Before purchasing a wearable device, research the manufacturer and review the company's privacy policy to determine what steps they take to protect your information.

## **Health and 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 can be a good way to actively manage your health and wellness efforts. Review the details of any health app before downloading. Only download from trusted sources and read reviews prior to downloading. Immediately configure the 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. Create a long, unique passphrase to access your healthcare account.

## **Learn More**

[Securing Personal Health Data](#) <sup>[2]</sup> (video)

Source: National Cybersecurity Alliance

### **Groups audience:**

Office of Information Security

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**Source URL:** <https://www.cu.edu/security/your-connected-healthcare>

### **Links**

[1] <https://www.cu.edu/security/your-connected-healthcare>

[2] [https://staysafeonline.org/wp-content/uploads/2020/08/Securing\\_Personal\\_Health\\_Data\\_306922158\\_720x720\\_F30.mp4](https://staysafeonline.org/wp-content/uploads/2020/08/Securing_Personal_Health_Data_306922158_720x720_F30.mp4)