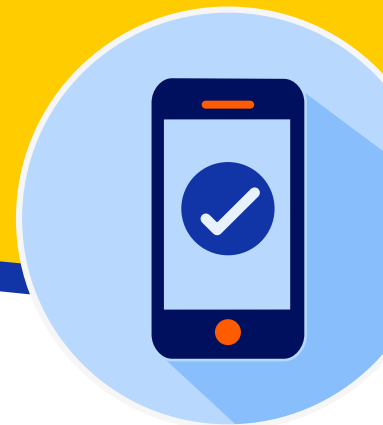# How to choose a health app

Visit an online app library

- App libraries offer independent reviews of health apps. These reviews help users decide which app will best meet their needs.
- Examples: NZ Health App Library, ORCHA Health App Library, Mindapps.

Suitability and effectiveness

- Choose an app with features that support your health goals.
- Do you find the app easy to use and engaging?
- Are there customisation options to tailor the app to your needs?
- Check the cost. Which features are free and which require payment?

Review privacy and security

- Some apps may not securely protect your personal information. Some might sell your personal data without letting you know.
- Read more about privacy and security tips for using health apps.

Research before you install

- Check if health professionals were involved in developing the app.
- Look for endorsements from credible organisations like universities or trusted healthcare groups.

Get advice

- Ask a healthcare professional for recommendations if you have a specific health condition of concern.

Try the app before committing

- Use free trials or basic versions to see if the app will meet your needs and expectations before committing to a paid subscription.

For more information, scan the QR code or visit www.healthify.nz/app-library

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