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Keep your privacy healthy in fitness & wellness apps

BY WINTEK

Ah, April. The time of year in Indiana where if you don't like the weather, you can just wait a few hours. Freezing overnights blossom into 60-degree days. Sunny skies shift suddenly into soggy downpours.

At least the spring we know and love will soon be here, and we can more reliably take our physical activity outside. Devices and apps for fitness and wellness are great ways to stay motivated toward goals, log our activity, and even to know if something is amiss with our health. If you have blazing-fast Wintek internet, you can swiftly synchronize everything for a clear picture of your wellness.

But a 2019 British Medical Journal study found nearly 80% of health apps share user data with third parties like product manufacturers, pharmaceutical companies, service providers and more. This doesn't mean all health apps share data in potentially discomfoting ways. It means, as you should for privacy anywhere, you need to know the data being collected, which parts are public and which apps have access to

it. Below are tips to help you more confidently steps or reps as you address your health.

- If you use a centralized health hub (e.g., Apple Health, Google Fit), check permissions granted to any app connected to that hub.

- Manage what is publicly visible to those who may search for you in community-based fitness apps. You should be able to make that choice, and if you can't, consider removing that app.

- Regularly review the people with whom you've connected for social fitness challenges or with whom you share goals and achievements. You may consider removing people with whom you are no longer in close or regular contact.

- If you're not using an app anymore, fully delete and deactivate your connected account online and then remove the app from your phone.

- Using an app to track medications? Consider a calendar reminder instead that isn't linked to a third party.

- Always review an app's privacy policy to see if and how it shares data with third



parties. Per a Consumer Reports advisory: If the language is complicated, vague or absent, that's a red

flag. • The privacy policies of an app can change at any time, so remember to occasionally

revisit them. If an app service you need is available through your health insurance provider

or your physician's office, data privacy on those apps is generally held to higher privacy standards.

Purdue West Lafayette offers safety nets for students

BY EXPONENT
ADVERTISING DEPARTMENT

By statistical accounts, Purdue West Lafayette campus is a safe place to walk, ride, bike, study and play. But when occasional reports of criminal activity are reported, some become uneasy and want to know what their options are for staying as safe as possible while out and about.

Purdue West Lafayette and Purdue Police offer several features and programs that can help those on campus feel safe. Some information below has been obtained from Purdue University West Lafayette's website.

Safe Walk Program

Students, faculty and staff in need of an escort to and from campus buildings may call the Safe Walk Program 24 hours a day, seven days a week at (765) 494-SAFE (7233). Members of Purdue Student Security Patrol or a Purdue Police Officer provide the safe escorts to caller's destinations.

Take the lighted route

When possible, always choose a well-lit route when walking at night. Campus officials routinely survey areas for adequate light at night. Sidewalks where illumination falls below 0.5 candlepower are specifically reviewed to determine whether additional lighting is needed. Trees and shrubs that impair lighting along walks are kept trimmed. If you notice an area around campus that you believe could benefit from additional lighting, please contact the Purdue University Police Department at police@purdue.edu or (765) 494-8221.

General Campus Safety Tips

- Lock all doors and windows at your place of residence.
- Keep doors locked even when leaving only for a few minutes.
- Keep an interior light on to show signs of activity at night.
- If you come home to find an unexplained open or broken window or door:
 - * Do not enter because the perpetrator may still be inside.
 - * Use a cell phone or neighbor's phone to call the police.
 - * Do not touch anything or clean up until the police have inspected for evidence.
- Write down the license plate numbers and descriptions of any suspicious vehicles.
- Note the descriptions of any suspicious persons.
- Ensure valuables are not visible from the street or common areas, especially high-end electronics.
- Mark and record serial numbers of your electronics and other valuables.
- If you use social media, never add status updates, comments or pictures that suggest you are out of town or on vacation.
- Use a good quality lock to secure bicycles or electric and motor-powered vehicles to a bike rack.



- Register your bike at Transportation Services or the police department.

- At night walk with a friend or partner or in groups if you can.

- If you are approached on campus by someone and it feels uncomfortable, move to an area where there are more people if possible and call police to make a report. Make note of the person's description and clothing.

- Always trust your instincts. If you feel unsafe, get to a safe place and call for help.

- Do not feel obligated to do anything you do not want to do.
- Develop a code with friends or family that means "I'm uncomfortable" or "I need help." It could be a series of numbers you can text, like "311." It might be a phrase you say out loud such as, "I wish we took more vacations." This way you can communicate your concern and get help without alerting the person who is pressuring you.

- Walk confidently, directly and at a steady pace. Do not stop to talk to strangers.

- Do not accept rides or walking accompaniment from people you do not know well or trust.

- Always be aware of your surroundings. Avoid text messaging or talking on the phone if you do not absolutely need to use the phone. If you are wearing headphones, do not turn up the

volume so high that you cannot hear outside noises.

- Report any suspicious activity or person immediately to the Purdue University Police Department at 911.

- When driving, always park in well-lit places and lock your doors.

- Know your neighborhood. Identify police and fire stations, libraries, emergency telephones, and the hours of operation of local stores and restaurants.

- Be aware of blue light emergency telephones. They are a direct line to on-campus assistance.

At parties or bars

- Watch your drink at all times.

- Cover your drink with your hand.

- If someone offers to buy you a drink, watch the drink being made and get it from the server yourself.

- If you get up to move or use the restroom, take your drink with you.

- If you start to feel lightheaded, nauseous, dizzy or otherwise strange, seek help immediately.

- Use the buddy system with a friend you trust.

- If confronted, attempt to interrupt the chain of events. Create a distraction and involve others. If harassed or assaulted, scream and attempt to run for safety.

Come to the Spring Housing Fair
TODAY 10am - 2pm on Purdue Memorial Mall