Do You Really Want Your Phone to Do That?

Here’s a question. Do you want your heart rate monitored through your phone? How about your breathing or your sleep cycle? I told a reporter for HealthCareITNews that patients should ask about and carefully consider how their private data could be used. They should make sure they can shut off the doctor’s access. They also need to know that, under HIPAA, their data is available to state and federal officials and two million other entities.

I told the reporter that an analysis of your heart rate would allow outsiders to determine if you exercise and for how long. And a lawyer could ask for the data to prove a point about an incident you were involved in. Think long and hard before you let your doctor monitor you through your phone.