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Be Privacy Aware With Your Apple Watch

The deception about the federal HIPAA privacy rule runs broad, wide and deep. People wrongly think HIPAA protects privacy. Case in point:

Earlier this month Apple made an announcement about a modification to the Apple Watch. The new app from AirStrip will allow the wearer of the Watch to send their heart-rate data directly to their doctors. The company presenter claimed doctors will then be able to “send a HIPAA-compliant secure message to a member of the patient’s care team.”

Well, “HIPAA-compliant” doesn’t mean privacy. Most people think it does. HIPAA actually opened your medical record to outsiders. Lots of people can now see and use your data without your consent. So think carefully how you use the Apple Watch.


Presented daily by Twila Brase, President, Citizens’ Council for Health Freedom.

The Health Freedom Minute is now heard in 41 states: Mornings M-Th at AM1280 (The Patriot) in MN and 91.5 AM WHKC (FreedomFM) in OH, afternoons on American Family Radio, and daily on the Bott Radio Network.