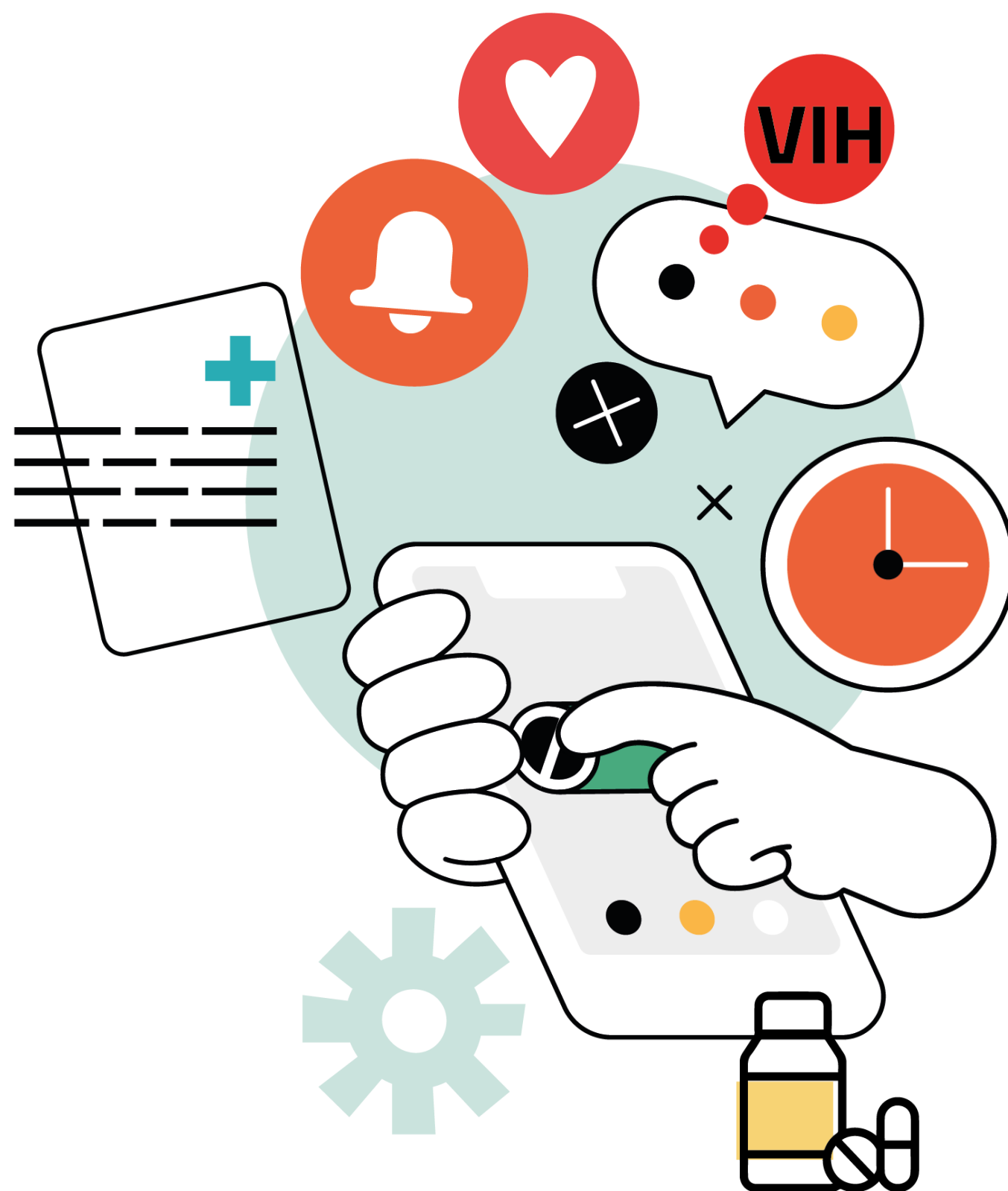ENGLISH

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EDITION 2025

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INFORMACIÓN BÁSICA SOBRE EL VIH

Digital health and HIV

grupo de trabajo sobre tratamientos del VIH

ENTIDAD DECLARADA DE
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Digital health and HIV

Mobile phones, apps and websites can help you to take care of your health. Using them properly helps you to organise your medical appointments, take your medication at the right time and understand what information is true. This resource offers some simple advice on the safe use of digital health.

Before we begin: What does digital health mean?

- **Digital health** means using tools such as mobile phones, apps and websites to improve your health.

FOR EXAMPLE   Booking a doctor's appointment using your mobile phone instead of going to the health centre.

- An **official app** is an application acknowledged by the public health system.

FOR EXAMPLE   It can also be from a trustworthy medical organisation.

- A **hoax** is a lie or false information circulating as if it were true.

FOR EXAMPLE   Information online claiming that HIV can be cured with home remedies.

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"Technology can help you to look after your health, as long as your sources are safe and trustworthy."

02

Go digital

· Download **official apps** to make appointments, consult results or receive reminders.

· Look for **reliable websites in your language** with self-care and health advice.

· **If you have questions about how to install or to use them,** ask a friend, family member or community association for help.

عربي

03

Understanding the information

· **Learn how to interpret digital notifications,** such as medical check-up or medication reminders.

· If you **receive a message on your medical app, read it carefully.** If you do not understand it, **consult your doctor or nurse.**

· **Understanding what you read** on the screen **gives you confidence and prevents errors.**

04

Evaluating what you receive

· **Make a distinction** between **an official health system app** and an unauthorised app.

FOR EXAMPLE

· **Recognise online hoaxes and fake cures.**

· **Always ask:** Who is sharing this information?

· **Is it a hospital, a health centre or a well-known NGO?**

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Using it in daily life

· **Set alarms or reminders on your mobile phone so you don't forget to take your medication.**

· **Save medical reports in digital format** so you always have them at hand.

· **Use reliable translators** if you need to understand a medical text in another language.

· **To avoid spreading hoaxes,** only share verified information with your friends or on social media.

Using digital health with confidence and security gives you more control over your life and strengthens your active role in looking after your health.

Practical tip

Before trusting what you see online, **always check three things:**

1. The source: where is the information from?

2. The date: is it up-to-date or out-of-date?

3. The evidence: is it from a healthcare professional or a recognised institution?

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