Data Security on your iPhone/iPad

April 3, 2012 By iStayHealthy

In one of my recent blogs I talked about data security. As far as iStayHealthy is concerned there are 2 main ways:

1. password protect your phone.
2. password protect the iStayHealthy app.

Let's talk a little bit about option 1. The iPhone/iPad comes with a Settings menu you the user can configure. Here is the way to access it:

- tap on the 'Settings' app on your Home Screen
- select 'General'.
- In the list you should find an option called 'Passcode Lock'. *Per default, this option is* **off**. Tap on the 'Passcode Lock' option and you will the following menu shown at the bottom.



It is worthwhile spending a few words on the option. In particular the options

- Simple Passcode. This is enabled per default. A simple passcode consists of 4 digits (please DON’T choose 0000 or such like). If you turn Simple Passcode to off - you will get a free text passcode.
- Erase Data. This is disabled per default. If you enable it, any user will have 10 unsuccessful attempts to unlock the phone. After that, the device will **erase** all data on the phone.

These 2 options give you additional protection - not only with regards to iStayHealthy but also for all your data on your device. Choose a more complex passcode instead of the Simple Passcode. And enable the ’Erase Data’ option if the device falls into the wrong hands.

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