

# HOW TO CHECK YOUR **IPHONE** FOR TRACKING APPS

## CHECK YOUR APPLE IPHONE

### **Step 1: Review Installed Apps**

1. Open the *Settings* app.
2. Scroll down and review the list of installed apps.
3. Note any unfamiliar or suspicious app names.

### **Step 2: Check App Permissions**

1. Go to *Settings* > *Privacy & Security*.
2. Tap *Location Services*.
3. Review apps using your location, especially those set to Always or While Using.
4. Disable location for untrusted apps.
5. Check other categories under *Privacy & Security*: Tracking, Contacts, Photos, Microphone, Camera.

### **Step 3: Check for Device Management Profiles**

1. Go to *Settings* > *General* > *VPN & Device Management*.
2. Look for configuration profiles.
3. Remove any suspicious or unfamiliar profiles.

### **Step 4: Review Active App Activity**

1. Go to *Settings* > *Screen Time* (if enabled).
2. Tap *See All Activity*.
3. Look for frequent usage of unfamiliar apps.

## HOW TO REMOVE SUSPICIOUS OR TRACKING APPS

1. Tap and hold the app icon.
2. Select *Remove App > Delete App > Confirm*.
3. For profiles: *Settings > General > VPN & Device Management > Remove Profile*.

## HOW TO PREVENT TRACKING APPS

1. Only download apps from the App Store.
2. Regularly review app permissions.
3. Disable *Allow Apps to Request to Track* under *Settings > Privacy & Security > Tracking*.
4. Keep your iPhone updated.
5. Use trusted mobile security apps (Free versions of AVAST or AVG).
6. Avoid clicking suspicious links or installing from unknown sources

## FINAL TIPS FOR IPHONES

1. Use strong, unique passcodes and enable biometric security (face recognition or fingerprint reader).
2. Be cautious with public Wi-Fi
3. Consider using a VPN.
4. Monitor data usage for unusual activity