



ORCHA digital app library



What are health apps?

Lots of people use phones and tablets.

'apps' are programmes you use on your phone or tablet.

There are lots of apps that are for health. Health professionals might recommend these apps to you.



Health professionals want to recommend apps that are really good. Health professionals need help to know which apps are safe and good.

What is ORCHA?

ORCHA is an organisation that checks if health apps are good.

It checks to make sure they are:

- Giving good safe health advice
- Safely using and storing your information
- How easy the app is to use



ORCHA keeps the information up to date so that health professionals can trust it.

It helps health professionals choose good apps to recommend.

ORCHA is trusted by the Dorset NHS and lots of other organisations to do this job.

How will it work?

Your health professional might send you a link to an app. You don't have to sign up to download the app.

If you want to, you can use it for free to find health apps by yourself.

Click [here to go to the ORCHA website](#)

Look for apps with a score of 65% or more to know they are good.

