

What to know about AI in health

Found in many websites and apps you use every day, AI is increasingly part of health care. When it comes to your health, don't believe everything you see online. Use this guide for simple tips on how AI can help, what it can't do and how to stay safe.



1 SHOULD I USE AI FOR HEALTH QUESTIONS?

AI can help you learn about your symptoms and get ready to talk to your doctor. However, it should only be your starting point, and never your only source for advice.

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2 HOW TO USE AI SAFELY

Only use trusted apps and websites. If you are sick or hurt, don't rely on AI. Never put personal, private information into an AI tool. Always talk to your doctor before trying anything new.

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3 KNOW WHAT AI CAN AND CAN'T DO

AI can answer questions quickly, but it can miss important details or give wrong advice. Always double-check information with your doctor.

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4 AI IS NOT YOUR DOCTOR

AI can give general health info and tips for healthy living, but it can't diagnose illness, prescribe treatments or know your medical history.

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5 SMART WAYS TO USE AI

Use AI to learn about health topics, prepare questions for your doctor and set reminders. Always check where AI information comes from and talk to your doctor before making any health decisions.

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Still have questions? **Talk to your doctor.** They have the training to help you make smart decisions about your family's health. Don't just rely on AI—get answers from someone you trust.



[Learn more](#) tips on how to use AI safely for health information.