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Mobile productivity continues to be a rising demand in healthcare as doctors, nurses, medical students, and other healthcare professionals need access to patient data. And health organizations must also address the fact that many healthcare professionals want to use their own devices to access this data. To balance mobile device productivity with patient privacy, endpoint security and compliance are critical for every healthcare organization. But challenges abound, and the diverse mix of mobility solutions and access scenarios make managing and securing patient data more complex than ever before. It's vital that healthcare organizations find a way to secure endpoint devices and the data on them, while embracing computing trends like BYOD, sharing data in public cloud services, and workforce mobility. PC Connection and Dell can help you balance mobile device productivity with patient privacy and take endpoint security to a new level with Dell Data Protection | Endpoint Security Suite Enterprise: Advanced Threat Prevention—Revolutionary advanced threat prevention offers unparalleled efficacy against zero-day threats, advanced persistent threats and commodity malware. In fact, testing shows that protection is 99% effective versus an average of 50% for traditional anti-virus. Encryption—Protect information on any device and in the cloud with data-centric, policy based endpoint encryption. Advanced Authentication—A foundational element of your security architecture, security tools facilitate the use of multiple factors to improve authentication security. Empower caregivers with a secure mobile IT environment, enabling the highest levels of patient care while keeping sensitive data safe. Listen to our podcasts on Mobility, Data, and Security in Healthcare as well as how to Take Endpoint Security to the Next Level to learn more about mobile devices in healthcare, the security challenges that IT departments face, and the tools available to meet those challenges. Limited data plans are a mainstay in the US, where several carriers either charge excessive overage fees or throttle your data once you hit your plan's usage limit. People on these plans need to keep careful track of their data usage to ensure they don't go over their allotment. iPhone users don't really have a good way to do this, but the functionality is built into the core Android system. To see how much data you've used, follow these steps.1. Navigate to the Android settings menu.2. Tap "Data Usage."3. Select the dates next to "Data usage cycle," and Change cycle.4. Change the cycle date to match the start date of your monthly plan. This can be found on either your monthly phone bill or via your carrier's "My Account" section.5. Check the "Set Mobile Data Limit" box (or Limit mobile data usage on some phones) if you want the phone to block you from using any mobile data after you exceed your limit. Once you've enabled this option, a red bar will appear on the graph.6. Tap the red bar and hit the up and down arrows to set the limit meter to match your data plan. Once you hit this level, your phone will turn your cellular radio off and you'll be limited to WiFi unless your re-enable your cellular collection. We all like using our phones, but as you continue to run apps, games, websites, etc., it doesn't take long to eat up your mobile data. I think we can all agree that this is something we generally are not a fan of. You may not think you use that much data during the month, but if you aren't paying close attention to how you're using your phone and how long you're on it, it can go by quicker than you'd expect. Thankfully, there are built-in tools in Android to help you cut back on your data usage and prevent you from going over what your monthly phone plan allows for. In this guide, we're going to be explaining those tools and how you can put them to work for you right now. Ready to get started? Let's go! How to use less mobile data on your phone There are two main features we're going to be covering in this article, and the first is a feature on your Android phone called "Data Saver." Data Saver was first introduced all the way back in 2017 with Android 7 Nougat, meaning if you have even a relatively modern phone, you have access to it. Open the Settings on your Android phone. Tap Network & internet. Tap Data Saver. Tap the toggle to turn it on. Source: Joe Maring / Android Central As explained on the Data Saver page, here's how the feature works: To help reduce data usage, Data Saver prevents some apps from sending or receiving data in the background. An app you're currently using can access data, but may do so less frequently. This may mean, for example, that images don't display until you tap them. The idea behind Data Saver is to help reduce your mobile data usage without giving you a worse user experience, and overall, it does a great job of doing just that. Source: Joe Maring / Android Central Once the feature is enabled, you can tap on Unrestricted data and select which apps you don't want to be affected by Data Saver. For example, if you have a Fitbit, you'll want to unrestrict the Fitbit app to ensure it can sync with your tracker/smartwatch throughout the day without any issues. We'd advise only giving a handful of apps unrestricted access, because the more apps you add to the list, the less effective Data Saver will be. How to set a data warning/limit on your phone Data Saver is the best tool for cutting back on your data usage while using your phone, but there's something else you can use alongside it if you want an even better picture of how much data you're using. Here's how to access it: Open the Settings on your Android phone. Tap Network & internet. Tap Mobile network. Tap Data warning & limit. Tap the toggles next to Set data warning and Set data limit to enable them. Source: Joe Maring / Android Central You can change the data warning and data limit rate to whatever number you'd like, allowing you to customize it based on how much data you get every month with your wireless plan. For example, if you get 10GB of data each month, you might want to set the warning at 8GB with the limit at 10GB. Once you reach your limit, your mobile data will be turned off until it resets. Source: Joe Maring / Android Central On that note, if you tap App data usage cycle at the top of this page, you can change which day of the month you want your usage to reset — allowing you to make it line up with when your phone bill goes through. Finally, you'll want to keep in mind that the data your phone counts may not match 100% with your carrier. As Google notes on this page: Data warning and data limit are measured by your device. This may be different from carrier data. Everything should line up mostly the same, but don't be alarmed if you see small discrepancies between the two. How to use less data in Google Chrome on Android As smartphones are getting increasingly smarter, the amount of data they pull from the internet is increasing. And while it's great that we can get instant updates about what our friends are doing no matter where we are, or get weather warnings when we're out and about, it means that some apps on our phones are taking liberal chunks out of our monthly mobile data allowances. The fact that we're spending more time browsing the internet and streaming music and movies while on the go also means we can quickly burn through our mobile data allowance, which can lead to a nasty surprise when we get our bill at the end of the month. Fortunately your Android device has plenty of options to help you save mobile data and ensure you don't use up your allowance of 3G or 4G internet, without turning your smartphone into an expensive brick (albeit one that can still make phone calls). In this guide we'll show you the best tips and tricks to help you save mobile data on your Android smartphone or tablet, so you can continue to browse the web, use apps and stream media without worrying about the cost. Prev Page 1 of 9 Next Prev Page 1 of 9 Next Many contracts will simply cut off your mobile data connection once you've used up your monthly allowance, and while this is annoying — as it means you're stuck without mobile internet until the next month — at least it means you won't get stung. However, some contracts won't stop you from going over the limit, and even worse they'll charge you a higher rate for the extra data that you use. To help avoid this you can quickly check how much data you've used in Android 5.0 Lollipop and Android 6.0 Marshmallow by swiping down the screen to display the notification menu. Pull down with your finger again to see a list of options, including the signal strength indicator and the name of your mobile operator. Tap the icon to show your data usage for the month. To manually set the period after which your Android device resets your mobile data counter, tap More Settings. Tap where it displays the date range, then select Change Cycle to change the date when the data cycle resets — change this to the date your contract renews each month to make sure you get an accurate reading. If you want to limit how much data you can use, tap 'Set mobile data limit'. This will add a red line to the graph on the page — drag this up or down to set the limit you want. You can also drag the grey line to set when your Android device will warn you that you're approaching your data limit. Prev Page 2 of 9 Next Prev Page 2 of 9 Next Many apps will access the internet while running in the background. While some apps — such as Facebook — are a bit cheeky when it comes to using up lots of data behind the scenes, other apps only help themselves to small bits of data every now and again. However, if you have a lot of apps this can soon add up, so you may find your data disappearing a lot faster than you'd like. There's an easy way to restrict which apps use your mobile data connection in the background. On the same page as the graph showing your data usage (also found by opening up Settings and tapping "Data usage") you'll see a list of apps arranged by how much data they've used. If you want to prevent an app from using data in the background, tap on it and select 'Restrict app background data'. This is helpful as it doesn't affect the app's data connection when it's open, as it will still be able to access the internet, but it will prevent the app from connecting in the background. This does mean that apps that sent you updates — for example the Gmail app — won't be able to update while they're running in the background, so you should consider which apps you want to restrict. Prev Page 3 of 9 Next Prev Page 3 of 9 Next While you may want certain apps to continue to fetch data from the internet, you can still limit the amount of mobile data they consume by setting how often they connect to the internet to sync. For example, if you don't need to know straight away that you've got a new email then you can change your email app to only check for new emails every hour. Some email apps, such as Gmail, use push notifications for email, which means you can't change how regularly they sync (as the app will tell you as soon as you get a new email), but you can prevent it from downloading images in emails while on mobile data. To do this open up settings and tap on 'Data usage'. Scroll down to find Gmail and tap on it, then tap on 'App settings'. Select the account you use with the Gmail app, then make sure there's a tick next to 'Auto-download attachments to recent messages via Wi-Fi'. You can also tap on 'Always show' under where it says 'Images' and change it to 'Ask before showing'. Prev Page 4 of 9 Next Prev Page 4 of 9 Next Other culprits for a rapidly your depleting mobile data allowance are apps that automatically download updates while not connected to a Wi-Fi network. To make sure apps aren't downloading these potentially large updates while you're away from home and using mobile data, open up the Google Play Store and swipe from the left-hand side of the screen to open the Google Play Store menu. Scroll down the menu and tap on Settings then make sure that under 'Auto-update apps', 'Auto-update apps over Wi-Fi only' is selected. Prev Page 5 of 9 Next Prev Page 5 of 9 Next If you do a lot of web browsing then the Chrome app is probably one of the biggest culprits when it comes to eating up data. You can save a lot of mobile data on Android by using Chrome's Data Saver option, which compresses web pages before they're downloaded to your Android device. This will lower the quality of images and animations on websites, but for the most part you won't notice much of a difference on a small smartphone screen. The compression also adds a tiny delay to the website loading, but this is worthwhile for the amount of mobile data you'll save. To turn on Data Saver, open Chrome and tap the three dots icon at the top-right of the screen. Next, tap Settings, then tap Data Saver. Tap the toggle to turn this on and you'll see a graph which will display the amount of mobile data you've saved. Prev Page 6 of 9 Next Prev Page 6 of 9 Next A good way of saving mobile data on Android is by finding out which of the apps you use have an offline mode. For example, Spotify enables you to save music and playlists to your device so you can listen to them without streaming. By making your most-played songs and playlists available offline you could save yourself a lot of data — just make sure you download the songs while you're connected to a Wi-Fi network. Amazon Prime Video has also recently enabled you to download movies and TV shows to watch offline, and other apps such as Google Maps will now work offline, so it's worth looking to see if your favourite apps feature an offline mode. Prev Page 7 of 9 Next Prev Page 7 of 9 Next If you love browsing the internet on your smartphone then you can also use an offline mode of sorts, which will help save mobile data — although it requires a bit of forward planning. First, you'll need the Pocket app. This app enables you to save webpages and videos offline, so that they can be read on your Android smartphone without using your mobile data connection. It means that if you have a long journey during which you're sure to be doing a lot of browsing, you can go through your favourite websites beforehand and save articles you'll want to read later. It's quick and easy to save websites from your Android device, but one of the best features of Pocket is that you can add it to your internet browser on your desktop or laptop PC, such as Safari, Chrome or Firefox, and save web pages to your Android device with a single click. Prev Page 8 of 9 Next Prev Page 8 of 9 Next Facebook is one of the more ravenous apps when it comes to consuming your mobile data. However, there are a number of ways in which you can limit how much data Facebook uses, while still being able to check what your friends and family are up to. Start by opening the Facebook app and tapping the three horizontal lines icon at the top-right of the screen, then scroll down until you see App Settings. Tap this, then tap Autoplay. Facebook automatically plays videos when you view your timeline, and this can soak up a lot of mobile data, so set this option to either On Wi-Fi Connections Only or Never Autoplay Videos. You can also save mobile data by ditching the Facebook app altogether, and instead using apps such as Facebook Lite or Tinfoil for Facebook. You can also simply pin a shortcut to the Facebook website on your Android homescreen. To do this, open the Facebook website in Chrome, tap the three dots icon to open the menu, and select Add to Home Screen. This makes it just as easy to load up Facebook as using the app, and you'll still get notifications when you get a new message. However, it can save you data if you've turned on Data Saver as shown in step 5. Prev Page 9 of 9 Next Prev Page 9 of 9 Next

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