ONLINE SAFETY TIPS

Lightstone
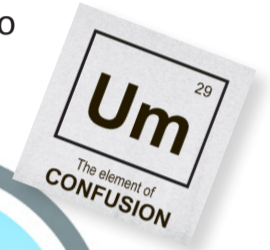
One thing I would like to talk about in this communication today, that has been a bit topical in some of the press lately, is the way that your mobile phone uses data for both **updates to the operating system and apps**, as well as how those **apps talk to their servers from time to time**.

I have always tried to manage my data usage via looking at the **internal measurements** of the android system *(I am sure iPhone has a similar feature)*, but it never seemed to give me enough info...

A while ago, I downloaded a nifty tool called "GlassWire"
It is a free tool and as far as I can see, is not plagued by adware.

This tool tells you exactly...

WHAT
is using data on your phone,

WHEN
it first uses the data... and then,

HOW
much it's going on to use.

I have been running it for over a month now and I have been shocked to see that apps that I don't really use *(Facebook being one)*, consistently 'phone home' and exchange data.

Data that I am of course, paying for...

The same applies to other apps that I forgot I had downloaded and **don't really use, but have not removed**. Rather than being dormant, these things are alive and do use up data... you will be amazed!

Consider installing "GlassWire" and take back your data!

DATA

A word from the world of IT
George, Lightstone Group Technology Officer