



Recommended by Mary



Deleting isn't enough

I just swiped through my apps and found, uh, six I've never used or haven't opened in months. Yep, it even happens to me. You have grand plans to meditate, organize your to-dos, fix your pics, whatever, and you download an app for the job. But then, the romance ends.

You should know that it's not enough just to press down on the app, wait for the wiggle and press delete. Most folks have no clue that deleting an app doesn't stop the app developer from accessing your data. I'll show you the tech pro way to say goodbye.

Why you're still being tracked

If you signed into an app using your Google, Apple or Facebook account, that connection is probably still live. That means the app is free to keep pulling data like your name, email, contacts and calendar.

Some apps back up data to iCloud or Google Drive. Deleting the app doesn't delete that backup. It sits there waiting to sync again if you reinstall.

And if the app sold or shared your data with advertisers or data brokers (and let's face it, so many do), deleting it doesn't magically erase what's already out there.

Here's how to cut ties for good

Before we dive into the steps, know they may vary slightly depending on your phone or operating system. Makes and models have their quirks.

Step 1: Revoke third-party access

✓ Google: Go to myaccount.google.com > Security > Under "Your connection to third-party apps and services," tap See all connections. Choose one to delete the connection.

✓ Apple: Settings > Your Name > Sign in with Apple. Remove anything unnecessary.

✓ Facebook: Settings & privacy > Settings > Apps and websites. Remove access from unused apps.

Step 2: Delete cloud backups

□ On iPhone: Settings > Your Name > iCloud > Storage. Check and delete individual app data.

□ On Android: Open Google Drive > Choose Backups from the menu > tap your device > choose the three-dot menu > delete old app backups.

Step 3: Review permissions on apps you still use

- On iPhone: Settings > Privacy & Security. Review access to Location, Microphone, Contacts, etc.
- On Android: Settings > Security & privacy > Privacy controls > Permission manager.

Phew, I know, lots of menus. But doesn't it feel good to know you can delete an app the right way now? This guide is worth saving.

