

AI Privacy Checklist

How to use an AI chatbot without building a profile on you

USE THE POSTCARD TEST

Before sharing with an AI chatbot, ask: would you write this on a postcard for anyone to read? Most people don't realize that these conversations are stored on company servers, and can be reviewed by employees. Once personal details are in there, you can't take them out.

NEVER PUT THIS IN ANY AI CHATBOT

- ✗ Passwords or account credentials
- ✗ Credit card or banking numbers
- ✗ Social Insurance or government ID numbers
- ✗ Other people's personal information

SAFE TO ASK

- ✓ General health questions (not about you)
- ✓ Recipe ideas and meal planning
- ✓ Draft emails or messages (no personal details)
- ✓ Everyday decisions and research

POSTCARD TEST IN ACTION

My ID number is 123-456-789, can you help me fill out this tax form?

Avoid

Explain the risks of 140/90 blood pressure for patients on metformin.

Safe

I have diabetes and take Metformin. Is my BP of 140/90 okay?

Avoid

THE AI CHATBOT RULE

Pick one AI chatbot. Learn its business model and privacy policy. Using four chatbots multiplies your exposure and risk.

Choose an ad-free AI chatbot

No reason to build an advertising profile on you

Tweak settings

Find and change privacy settings

Delete your history

Remove conversations when you're done

AI PRIVACY CHECK-IN

AI companies update their policies often. These steps will keep you in control.

1. Delete conversations you no longer need
2. Check that your privacy settings match what you originally chose
3. Repeat every 90 days

WHY CLAUDE IS A STRONG DEFAULT

Claude is ad-free on every plan including the free one, so it has no reason to build an advertising profile on you.

To test it out, head to claude.ai.

One setting to check: **go to Settings → Privacy and turn off training.** This will stop your chats from being used to train the AI.