

Meta AI After 50 - Quick Start Guide

A simple, safer way to start using Meta AI for everyday tasks

ASK	Ask one clear question in ordinary language.
CHECK	Verify important answers with an authoritative or primary source.
PROTECT	Keep unnecessary personal, financial, medical, and account information out of AI chats.
ACT	Make consequential decisions only after confirming the information is current and appropriate for you.

5 Starter Prompts

1. Explain artificial intelligence to someone over 60 who has never used an AI assistant.
2. Give me three practical ways AI could help me during an ordinary week.
3. Help me plan a four-day trip. Include transportation, accessibility, and things I should verify before booking.
4. Help me compare these two products. Separate facts from opinions and tell me what I should verify.
5. Help me organize questions I may want to ask my doctor about this topic. Do not diagnose me.

Privacy & Safety

- Do not enter passwords, Social Security numbers, bank or credit-card numbers, security codes, or unnecessary sensitive identifiers.
- Do not assume every Meta AI conversation has special privacy protections. If your account offers Incognito Chat, look for that specific feature.
- If Meta AI does not need a piece of personal information to answer your question, do not provide it.

Scam Check

AI-generated messages, images, voices, and videos can look convincing. If someone unexpectedly asks for money, gift cards, cryptocurrency, passwords, or verification codes: stop, do not use links or phone numbers in the message, and contact the person or organization through a method you already trust.

Before You Trust an Important Answer

Ask: Who published the source? Is it current? Does the source actually support the claim? Is there a stronger official source? For medical, legal, financial, benefits, tax, or emergency decisions, use the appropriate authoritative source or qualified professional.

Remember

Meta AI can help you learn, organize, research, and prepare. It should not replace verification when an error could seriously affect you.

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For general educational purposes only. AI-generated information can be incomplete, outdated, or incorrect.