

Privacy Matters



Password Do's and Don'ts!

Choosing unique passwords and keeping them secure is an important safeguard in protecting personal health information. Here are some do's and don'ts to help ensure your passwords are effective and safe:

- **DO** use a combination of uppercase letters, lowercase letters, numbers, and symbols when choosing your passwords
- **DO** ensure your passwords are at least 8 characters long (the more characters, the harder it is to guess!)
- **DO** change your password regularly to keep security high
- **DON'T** share your passwords
- **DON'T** save your passwords to your devices
- **DON'T** record your password in a place that may be accessible to others
- **DON'T** use the same password for multiple accounts

October 7, 2024