## **Top Three** Cybersafe Habits for Remote Care



### **DO** LOG ON BETTER

- Use multi-factor authentication.
- Use strong and unique passwords for each of your accounts.
- Use a password manager.



### **DO CONNECT WITH CARE**

- Always use a secure remote access solution. Do not use a shared WiFi.
- Do not use email or free file sharing for Protected Heath Information.
- Have a firewall, encryption and security software installed and updated.



### **DON'T GET OUT OF DATE**

- Always update your phone and computer with the latest patches and releases.
- Make sure you have recent recoverable backups that will not get encrypted if there is an attack.

# 3 Key Tips to Defending against Phishing and Malware

1

**DO** verify sender identities

2

**DO NOT** click on unsolicited links or attachments

3

**DO NOT** assume that your provider handles cybersecurity risk for you

