



Standard Healthcare

Stronger Passwords Keep You Safer



Our Top 6 Rules for Strong Passwords

- 1: Make each password at least 12 characters long.
- 2: Use different passwords for different sites.
Build them around an event in your life.
- 3: Add in numbers and punctuation.
- 4: Capitalize different letters.
- 5: Don't write your passwords down. Instead, use a hint.
(Amazon = my first pet)
- 6: Change them the same time you change your smoke detector battery.



The Top 10 Passwords to Avoid

- 1: Consecutive numbers (12345678)
- 2: Consecutive letters from your keyboard (qwerty)
- 3: Anything containing the word "password" or "admin"
- 4: ...containing a year or season (summer2016)
- 5: ...containing the word "login"
- 6: ...containing the word "welcome"
- 7: ...naming a sport ("baseball")
- 8: ...containing "Star Wars" or one of its characters
- 9: ...containing consecutive letters and numbers (abc123)
- 10: With the same letters or numbers (11111, aaaaa)

Be a part of the Standard Healthcare Aware Force

email staysafe@standardhealth
if you have questions or suggestions.