

Resources

Creating strong passwords to help reduce cyber risks



QMTCOMMERCIAL
INSURANCE BROKERS

Why passwords matter

Strong passwords are vital for protecting your business, as weak passwords make it easier for criminals to hack your accounts.

They might guess, steal or use leaked credentials. Reusing passwords increases the risk.



Creating strong passwords

Choose strong, unique passwords by avoiding easily guessed options such as pet names or significant dates. Avoid using common passwords like "passwOrd."

Ensure each of your accounts, including banking, email and social media, has a unique password to enhance security.

Craft passwords that are both memorable and secure by combining three random words and enhance them with a mix of capital letters, numbers and special characters.

Example

Choose 3 words

Add capitals

Add numbers

Add characters

planechanceactive

plAnEChanCeacTive

plAn3ChanCeacTiv3

p[An3ChanCeacT!v3





Keep your passwords safe

Use browsers to store your passwords, enhancing protection and ease of access; they can also identify suspicious websites

Consider a dedicated password tool for creating and storing passwords efficiently

If you opt to write down your passwords, ensure they are kept secure, out of sight and away from your device

Verify your passwords

Implementing two-factor authentication for your online accounts is recommended.

2FA adds an extra layer of security by requiring a second verification step to access your account (usually entering a code sent to your smartphone).

This additional measure ensures that if someone obtains your password, they will find it challenging to access your account.



Stolen passwords

Suspect your password is compromised?
Change it without delay.

Reused that password elsewhere?
Update those accounts as well.

Haven't enabled 2FA yet?
It's time to secure your accounts.



Need help with your insurance?

Our team of friendly advisors are here to support you, whether you need a quote or have a query.

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