



HEALTHCARE HEATHER

Protect your information from Phil!



Use Strong Passwords and Multi-Factor



Make sure your accounts have complex, unique passwords (a mix of letters, numbers, and symbols) and change them regularly. Enable multi-factor authentication for an added layer of security.

Be Cautious



Avoid sharing personal health information via unsolicited emails, phone calls, or text messages. Scammers may impersonate healthcare providers to gain access to your data.

Monitor Records



Regularly review your medical records, insurance statements, and bills for any unusual activity or charges that you did not experience.

Avoid Public Wi-Fi



Do not access health accounts or transmit sensitive health data over unsecured, public Wi-Fi networks to prevent hackers from intercepting your information.

Shred Documents



Shred any printed health records, insurance statements, or medical forms before disposing of them to prevent identity theft or fraud.

RESOURCES

- cisa.gov/shields-up
- usa.gov/scams-and-fraud
- consumer.ftc.gov/articles/what-know-about-medical-identity-theft

cyberhouserock.info

