

Recommendations for strong password security:

We recommend that you change your important passwords at least every 90 days and they shouldn't be the same. Each important password should be different than any of the others. This is for your protection. It would be unfortunate enough to have one password hacked, if you use the same one for everything you are much for vulnerable to an information compromise.

Avoid:

1. Dictionary words
2. Just adding a number to an easy password like "Password1"
3. Personal information like your children's or pets names or birthdays
4. Keyboard patterns like 123456 or 123qwe

Strong password habits:

1. At least 8 characters
2. Contains a mix of upper and lower case letters
3. Contains at least one number and/or special character

A passphrase may be easier to remember and is often more secure a regular password. For example you might think of your favorite quote and use the first letter of each word to create your passphrase. If the quote is: Keep your eyes on the stars and your feet on the ground. (Teddy Roosevelt) your passphrase might be: Kye0t\$ayf0tg Notice it uses all the recommendations: Upper and lower case letters, numbers and a special character.