



# Cybersecurity NEWSLETTER

## Heritage Provider Network *Volume 1, Issue 1*

### Password Protection Tips

*Corporate Cybersecurity Committee*

**Did you know?**

- There are approximately 10 million attempted cyber attacks reported to the Pentagon every day
- Total estimated global cost of cybercrime by end of 2019 is \$2 Trillion USD
- In 2019, American Medical Collection Agency (AMCA) data breach affected total 24 million patients including 11.9 mil-lion Quest diagnostics and 7.7 mil. LabCorp members

### Password Hygiene

- Create strong passwords - Do not use birthday, social security number or name in your password
- Update frequently - Update password frequently and do not repeat your historical passwords
- Do not share passwords - Do not share your passwords with your team members, family or friends
- Different passwords - Use different passwords for personal and business accounts

### Phishing Emails

- Phishing is a cybersecurity attack where an email is used as a weapon to mislead a user to retrieve password, bank account details etc.

**Ways to avoid phishing:**

- Think before you click on any link or download any attachments from an unknown email
- Never give out personal, bank account or password information on any unknown sites

### You are a Key Player to Cybersecurity

You are a key player in ensuring our organization embodies a cybersecurity culture and that our Cybersecurity Program is effective. Your responsibilities include:

**Monitor**

- Be vigilant
- Update passwords
- Do not share passwords with anyone

**Standards of Conduct**

- Promote ethical conduct and prevent wrongdoing
- Adhere to and promote compliance with laws, rules and regulations

**Awareness**

- Converse discussions with colleagues
- Solicit ideas for improving security

**Education & Training**

- Know company policies and understand your responsibilities.
- Strive to learn and improve every day.
- Complete cybersecurity training annually

**Protected Reporting**

- Report all suspected or potential cybersecurity incidents
- Understand that good faith reporting is protected against retaliation and intimidation.

**CYBERSECURITY  
IS EVERYONE'S  
RESPONSIBILITY**

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