

How to Strengthen Your Logins



DO

USE A SECURE PASSWORD MANAGER



41%
memorize their passwords



34%
use a password manager



30%
write their passwords on a piece of paper²

Create strong, secure passphrases that are:

- Unique for each login
- At least 12 characters long
- A combination of upper and lower case letters, numbers and symbols¹

Cr@s#Sp2\$mW:

MFA

Enable multi-factor authentication (MFA) for added security

When consumers enable MFA³
Healthcare portals **61%**
Online banking **60%**
Insurance accounts **60%**



DON'T

Don't use easy-to-guess passwords

TOP 5

Most Common Passwords⁴

password

123456

123456789

guest

qwerty



Don't enter login credentials on unsecured Wi-Fi

Don't duplicate

89%

know that reused or similar passwords are a security risk

62%

always or mostly use the same password⁵

Don't share with others

57%

of people shared passwords and other login information for one or more account⁶

¹ Microsoft, [Create and Use Strong Passwords](#), 2022

² Security.org, [Password Manager Industry Report and Market Outlook](#), 2023

³ Prove, [State of MFA Report](#), 2023

⁴ NordPass, [Top 200 Most Common Passwords](#), 2022

⁵ LastPass, [Psychology of Passwords](#), 2022

⁶ AllAboutCookies, [Survey: 84% of Internet Users Practice Dangerous Password Behaviors](#), 2023