

Password MFA Guide

PASSWORD POLICY & MFA GUIDE

1. Use Strong Passwords

- At least 12 characters
- Mix of letters, numbers, and symbols
- No dictionary words or reused passwords

2. Use a Password Manager

- Tools like Bitwarden or 1Password
- Securely store and generate complex passwords

3. Enable Multi-Factor Authentication (MFA)

- Use apps like Authy or Google Authenticator
- Apply to email, bank accounts, business logins

Tip: Never share your password. Avoid saving it in browsers or writing it down.