Password Management

Tips and Guidelines

- Change your passwords periodically.
- Don't use the same password for everything. Also consider variations that are memorable for you.
- Don't include obvious information like your name, kids' names, zip codes, birth year, etc.
- Avoid "password" and "123456" etc. as passwords.
- Strong passwords include letters, numbers, and symbols. More digits (e.g. 8) is better.
- Abbreviate a phrase you'll remember. For example: "I rode my bike 7 miles last Sunday" could become Irmb7mlS.
- Don't share your password with others.
- Make sure your accounts have a current email address and phone number associated with them.
- Pay attention to info on data breaches.

Password Managers

- Last Pass – lastpass.com
- Dashlane – dashlane.com
- 1Password – 1password.com

These services encrypt your data. Most work across devices and will type your passwords in for you (so you can use stronger passwords).

While there are no guarantees, "It's okay to keep your eggs in one basket if it's more secure than the basket you build on your own."

How to Get to Your Browser's Saved Passwords

- Chrome: ⋮ → Settings → People → Passwords
- Firefox: ≡ → Options → Privacy & Security → Saved Logins
- Internet Explorer: ⚙ → Internet Options → Content tab. Under AutoComplete → Settings. In the AutoComplete Settings box, click on Manage Passwords.
- Microsoft Edge: Control Panel > Microsoft Credential Manager

Web site	User name	Password