


# PASSWORDS AND DIGITAL KEYS

Here we have collected **five key pieces of advice** designed to help you create strong, unique passwords, and keep them secure.

ONE

**Add extra security.**


Multi-factor authentication (MFA) works by adding an additional element to the log-in process. It provides a superior protection against identity theft and account takeover. If offered you should use it.



TWO

**Keep unique passwords.**


Having a different password for every account is vital. The more a password is reused, the greater the risk of having the credentials breached. Keeping unique passwords limits your exposure.



THREE

**Take three words.**


The best way to craft secure passwords you can actually recall is by taking a few random words, making them into a memorable 'phrase' and sprinkling in a mix of special characters.



FOUR

**Create smart passcodes.**


Research has shown that too many of us are using the same, simple four-digit passcodes on mobile devices. Spell out a unique word, with the numbers corresponding to the letters on your keypad.



FIVE

**Managing passwords.**

Consider using a password manager; they not only store your own passwords but generate powerful ones and retrieve them as necessary. They're available with a range of features; see which one works best for you.



If you would like to know more about creating secure passwords, and managing them effectively please read our free booklet **Digital keys**.

[CLICK HERE](#) 

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