Webex: Tips to Protect Your Identity

Office of Information Security (OIS)
Office of Technology Services (OTS)
October 17th, 2019
NCSAM Background

OWN SECURE PROTECT

IT

OCTOBER 2019
National Cybersecurity Awareness Month
#BeCyberSmart
Tips to Protect Your Identity at Home

• Establish Text Alerts to help Fight Fraud
• Run an Antivirus scan periodically
• Enable 2 factor authentication on personal accounts
  • Configure Privacy and Security and Login settings
• Report Phishing and Spam
  • Forward Text Scams to 7726 (SPAM)
• Create strong passwords
• Secure your connection — Look for HTTPS
• Keep devices and computers up to date
Two-Factor Authentication

Add Extra Security With Two-Factor Authentication

Help protect your account, even if someone gets hold of your password.

Get Started

How Two-Factor Authentication Works

Extra Protection
If we notice a login from a device we don’t recognize, we’ll ask for a login code before you can access your account.

Through SMS or an Authentication App
We’ll send a text message with a login code, or you can use a security app of your choice.
Congratulations <fsgrehypdic@J5Ylo.barthontolboltons.com>
Mon 9/30/2019 5:29 AM

You've been selected to participate in our monthly $1000 Amazon Promotion!

$1000

Amazon Gift Card

Take this 30 second survey about Amazon and we'll offer you a $1000 exclusive reward.

Click here to get started

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Hello,

The FollowMyHealth team has been working hard to add new features and services in order to improve your user experience. Today, we’re emailing you to let you know about updates to our Terms of Use and Privacy Policy.

You may have noticed we updated our Terms of Use and Privacy Policy to provide more clarity about using FollowMyHealth, to address new features and functionality, and to include other updates and clarifications.

We encourage you to read our updated Terms of Use and Privacy Policy in full, but here are the high-level changes:

- How we collect, use, and disclose your information
- How we protect the security of your information
- How we may use and disclose your information for marketing or advertising purposes
- How we may display advertising or marketing to you while you use FollowMyHealth

The manner in which FollowMyHealth may communicate with you

Those terms went into effect for all users on August 14, 2019. Please be aware that by continuing to use FollowMyHealth, you acknowledge and agree to the updated Terms of Use and Privacy Policy. If you do not agree to the updated Terms of Use and Privacy Policy, you can delete your FollowMyHealth account at any time. The Terms of Use are to be read in conjunction with the Privacy Policy, which is incorporated into the Terms of Use and forms part of our contract with you.

If you have any questions, please let us know.

greport@followmyhealth.com

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Our mailing address is:
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Secure your connection – Look for HTTPS

https://staysafeonline.org/

Finding his home as a Tiger
Shane Leatherbury went from no scholarship offers to becoming one of the nation's top wide receivers. Read More

Get to Know TU
Free Resources
Have I been Pwned: https://haveibeenpwned.com
Password Check: https://password.kaspersky.com
Can you spot when you're being phished?

Identifying phishing can be harder than you think. Phishing is an attempt to trick you into giving up your personal information by pretending to be someone you know. Can you tell what's false?

TAKE THE QUIZ
• Email questions to securityawareness@towson.edu
• If you would like an OIS team member to give an interactive phishing or security awareness presentation to your group or department, please visit https://towson.edu/securityawareness.
Thank You for Attending Today’s NCSAM Webex Event