



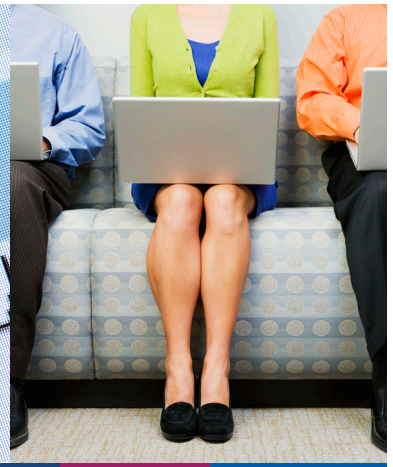
# Keep Your Data Safe on the Internet Try these tips.

Cyber thieves can steal your personal information over the internet, using it to run up your debt, ruin your credit, and even harm your ability to obtain proper medical care and health insurance benefits. Don't let them get that far! Here's how to protect against identity theft while shopping, banking, emailing or surfing on the Web.



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## Try these tips to help protect yourself online

**Don't give out personal information** through unsolicited emails. This includes your social security and bank account numbers.

**Never respond to emails, pop-ups, text messages, or phone calls from your financial institution asking for personal information or to update your account.** These emails can look official but legitimate sites would never ask for the information via email. Do not respond, open any attachments or contact the website or phone number given. Contact your institution to verify if there is a problem with your account.

**Shop only at websites with "https" in the web address or that have a security symbol or padlock.** This means the site is enabled and "encrypted" with data-scrambling technology for online safety.

**Avoid automatic log-in processes** that store your account name and password. Instead, type in your user name and password at each browsing session.

**Don't conduct financial transactions from a public or shared computer** or over a public wireless Internet connection. Whenever you use public computers, log out of the website and close all browser windows.

**Use strong passwords and change them often.** For example, use a mix of numbers, symbols, and letters instead of easily guessed words. Avoid using numbers from your social security, credit cards or bank accounts.

**Install a free or low-cost "firewall"** to stop intruders from gaining remote access to your computer. Download and frequently update security "patches" offered by your operating system and software vendors to correct weaknesses that a hacker might use.

### More Steps to Take

- Monitor your bills closely. Identity thieves often make a small purchase or two to test the validity of the card and information before making bigger purchases.
- Order free credit reports from the three national reporting companies. Look for unfamiliar accounts or collection notices.
- Contact the Federal Trade Commission's website for tips to avoid identity theft, order free reports, and steps to take if you are a victim of identity theft.

**Go to: [www.consumer.ftc.gov](http://www.consumer.ftc.gov)**

### Questions?

We can get you to the right resources.  
**[answers@healthadvocate.com](mailto:answers@healthadvocate.com)**



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