

Digital Wellness: Secure your Identity



Your digital wellness is just as important as your physical and emotional well-being. Check out these tips to start your new year off right and keep your digital identity safe.

File taxes ASAP.

The Equifax breach provided identity thieves with the social security numbers of approximately 143 million users who won't wait until April 15 to file taxes on behalf of someone else. The IRS still operates on a first-come, first-serve basis. File as soon as you have your W-2s in hand to prevent someone else from getting your refund.

useUNIQUEp@sswOrd_phrases!

Make sure each account, especially with financial accounts, has its own unique password. Best practices include password phrases that are 16 characters or longer and contain just enough special characters to meet your institution's requirements.

This message is a collaboration between Health Promotion and Wellness and Administrative Technologies. For more information, visit @ISUIthelp on Facebook or search #SecuretheBirdISU on Twitter.

Don't fall for scams.

If you receive a call or email unexpectedly from someone claiming to be the IRS, hang up. The IRS will never contact you with an unsolicited call or email demanding payment. However, scammers will, often using threats to make you panic and give your banking information.

Check bank account daily.

With tools like automatic bill pay, online shopping, and debit cards, transactions can happen quickly. It is important to know when money is leaving your account and WHO is taking it out. Verify each day that every purchase was made by you and on purpose.



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