

# Cybersecurity best practices

Cybersecurity is a practice, not a one-time event. Performing regular maintenance and establishing routines are necessary for maintaining good cyber hygiene and preventing potential breaches.

Let's explore some cybersecurity best practices.



Use a combination of eight or more letters, numbers and special characters to form your password.



Apply "patches" (software updates) as soon as they become available to prevent security vulnerabilities.



Create a unique password for each log-in account you have and avoid reusing old passwords.



Regularly backup critical data using the **3-2-1 rule** (three copies of data, two storage types, one copy of data stored in an alternate location).



Secure your Wi-Fi network with a strong password.



Never share sensitive data with AI tools.



Whenever possible, use multifactor authentication and biometric tools to add an extra layer of security.



Recognize and report suspicious links or attachments.



Install antivirus and antimalware software.



Avoid public Wi-Fi and charging ports, which can easily be accessed by threat actors.

At MassMutual Ascend, we have educational tools and resources to help facilitate conversations with your clients about obstacles they may face as they plan ahead. The Beyond Annuities value-add program was designed to help your clients as they plan for a secure financial future.

[Learn more and find additional resources at MMAscendConnect.com/BeyondAnnuities.](https://MMAscendConnect.com/BeyondAnnuities)

For additional cybersecurity resources, visit the Cybersecurity Infrastructure & Security Agency at [CISA.gov](https://CISA.gov).

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For use with contract forms, P1020203NW, P1020212ID, ICC25-P1174525NW, P1138919NW, P1138919ID, ICC24-P1172524NW, P1088011NW, P1088011ID, P1088111NW, P1088111ID, ICC25-P1174925NW, ICC24-P1172024NW, ICC21-P1151621NW, P1074514NW, P1074514ID, ICC25-P1470025NW, ICC21-P1152021NW, ICC21-P1152121NW, ICC21-P1476721NW, P1140119NW, P1140119ID, P1140219NW, P1140219ID, P1146620NW, P1146620ID, P1110416NW, P1110416ID, ICC20-P1144420NW and ICC20-P1144420NW-NoMVA, ICC20-P1144520NW and ICC20-P1144520NW-NoMVA, ICC20-P1474420NW and ICC20-P1474420NW-NoMVA, P1134618NW, P1134618ID and P1134618ID-NoMVA, P1112916NW, P1112916ID, P1129918NW, P1129918ID and P1129918ID-NoMVA, ICC24-P1825224NW, ICC24-P1833624NW, ICC24-P1850824NW, ICC24-P1841724NW, and ICC24-P1841624NW. Contract form numbers may vary by state.

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