



Creating a secure password that is easy to remember

Table of Contents

- Don'ts
- Do's
- Examples
- About Us
- Contact Information



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Password authentication is part of our daily lives. To maintain security it is important to create a strong and secure password. Choosing a strong password is not hard and is something everyone can do. Creating a strong password means using between eight and sixteen characters, with a mix of upper and lowercase characters, numbers, and symbols. Strong passwords, that you create, should be easy for you to remember and hard for others to guess.

Below are some guidelines to help you in creating a strong secure password that will be easy for you to remember.

Don'ts

1. Never use terms that are associated with your industry
2. Never use words in a dictionary (This includes non English words)
3. Never use sequences at the end of a password. e.g. mypassword00, mypassword01, etc.
4. Never share your password with anyone.
5. Never write down your password
6. Do not use proper names. e.g. your first or last name or names of places
7. Do not use your login ID
8. Do not use your or anyone else's birth date
9. Don't use simple patterns of letters on the keyboard, like "qwerty" or "asdfgh"
10. Don't use all the same letters.
11. Do not spell words backwards

Do's

1. Memorize your password
2. Passwords must be 8 characters or more
3. Use phrases
4. Use uppercase, lowercase, numeric and special characters

Examples

1. I Love My Pet
 - a. Substitute an "!" for the "I", this will meet the special character requirement.
 - b. Substitute a "0" (zero) for "o" and a "3" for "e".
 - c. I like to have the 1st letter of the last word in uppercase - e.g. i love my Pet
 - d. Thus the password for "I Love My Pet" would be: !l0v3myP3t
2. Enjoy Health
 - a. 3nj0yH3@!th
 - b. Notice the substitutions: "3" for "e", "0" (zero) for "o", "@" for "a" and the "!" for "I", also the "H" in the last word is capitalized. You can also use "1" to substitute the letter "a".
3. Pass-phrase: "Four score and seven years ago, our fathers..."
 - a. Password: "Fs&7yAoF"
 - b. The result: Derived by choosing the first letter from each word, using a mixed case of letters, adding a non-alphabetic character and number where possible.

It is up to you. Create phrases and patterns that are easy for you to remember. You will be surprised how easy it is to get used to the concept and how secure your password truly is.

About Us

Centuric offers a comprehensive suite of products and services tailored to address the complex issues facing businesses today. Some of our main areas of expertise include Network Support Consulting Services, STORServer® Managed Data Services, Infrastructure Buildout and De Novo Services.

Centuric offers great value to its clients. In business since 2001, we employ a highly credentialed staff of professionals who deliver exceptional client service. Our company is nimble enough to react quickly to market changes, and we use the latest proven technologies. We have extensive regulatory compliance expertise. We also offer options for no capital expenditures through our managed services solutions. And our dedicated support and Help Desk personnel are always available to assist our clients.

For these reasons – and more – the 2008 South Florida Business Journal recently honored Centuric with a listing in four of its “Top 25” categories:

- Fastest Growing Private Companies
- Fastest-Growing Technology Companies
- Largest IT Consultant Firms
- Largest Computer Networking Companies

Centuric uses a federally recognized standard methodology to help our clients meet compliance and mitigate security risks. We have staff certified by the National Security Agency (<http://www.nsa.gov/>) utilizing INFOSEC Assessment Methodology (IAM). Our enhanced IAM methodology encompasses the GLBA requirements as well as the responsibility to protect institutional information and systems infrastructure.

Our Mission Statement

Centuric is focused on improving our clients’ business performance by providing technology solutions. Our core portfolio comprises on-site and remote support, managed services, systems integration and business applications. Our purpose and passion is to provide signature service that consistently exceeds client expectations.

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White Paper | January, 2004

Revised February, 2008

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