# Personal IAM Health Checklist

Use this checklist to improve your identity and access security practices at home or on the go.

☐ I use a password manager to store unique passwords for each account.

☐ I’ve reviewed and updated any reused or weak passwords—starting with email and banking.

☐ I’ve enabled multi-factor authentication (MFA) for all important accounts.

☐ I use an authenticator app or hardware token instead of SMS when available.

☐ I’ve reviewed account logins and removed any old or unfamiliar devices.

☐ I regularly check for suspicious activity in email and financial accounts.

☐ I’ve deleted or deactivated accounts I no longer use.

☐ I never click on unexpected links or attachments without verifying the sender.

☐ I talk to my family about basic digital hygiene and identity protection.

☐ I schedule time quarterly to review and update my security settings.