IMPORTANT: WE ARE MOVING FROM PASSWORD TO PASSPHRASE

Why are we changing?

Due to the increasing number of cyber security events around the globe, we need to improve our security practices. Hence, we are moving away from password to passphrases

What is a Passphrase?

A passphrase is a sequence of words that is longer than a traditional password and easier to remember but harder for attackers to guess.

For example, "sunnybeachVacation2024!" is a strong passphrase that contains words, numbers, and a special character.

Effective **13th August 2024**, all users will be prompted to change their current password.

Policy Guidelines:

Switch to Passphrase:

- Easy to remember and meaningful.

Length and Complexity:

- At least 14 characters.
- Include lowercase, one uppercase, one number, and optional special characters.

Avoid Personal Information:

- Do not use login name, date of birth, first or last name.
- Do not use words or phrases that read the same backward and forward, sequences of letters or numbers (for e.g."abc123"), or repetitive words (for e.g. "passwordpassword"). These patterns make your passphrase easier to guess.

Examples of Easy-to-Remember Passphrases:

- **Heal4life!staystrong**
- **nurseLove4you#1!**
- **healtHcare4all#1**
- **Savelives1!care**
- **docTors#areheroes9**
- **Familyfirst@care1**
- **patienTcare4you@**
- **caringhandS#1help**
- **secureMeds#4you**

NOTE: These passphrases are examples. However, for security reasons please create your own

The change to passphrases means you now only need to change your passphrases <u>twice a year</u> instead of 60 days.
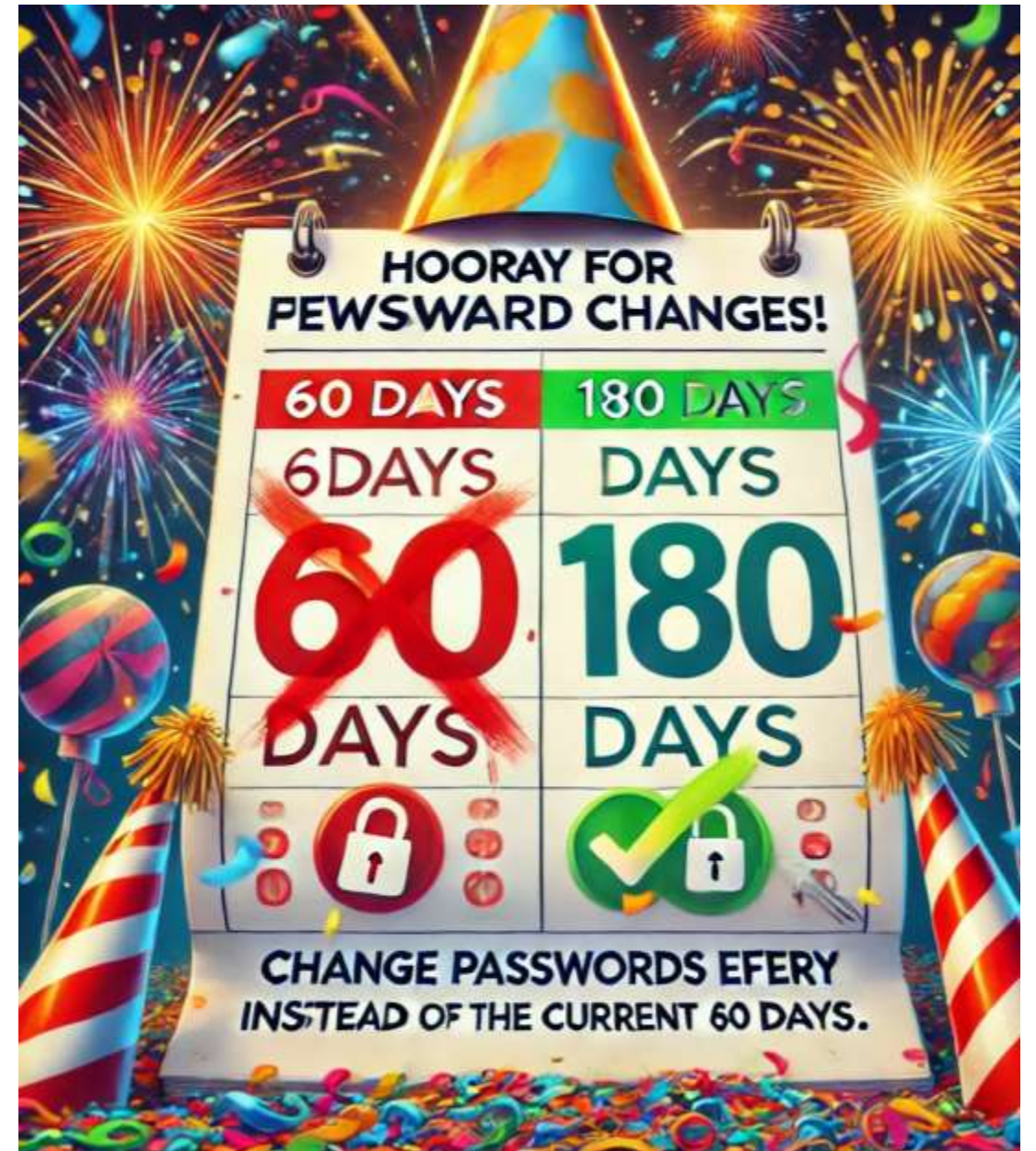
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