

Cyber Security: Keeping Your Digital Space Safe

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Agenda

- * Senior Medicare Patrol
- * Top 5 Tips for Cyber Security Tips
- * Banking Safety
- * Antivirus Software
- * Virtual Private Networks (VPNs)
- * Internet Security Service
- * Questions

The Senior Medicare Patrol

The mission of the Senior Medicare Patrol (SMP) is to empower beneficiaries, family members, and caregivers to prevent, detect, and report healthcare errors, fraud, and abuse through outreach, education, and counseling.

The Senior Medicare Patrol

- * Sponsored by the U.S. Dept. of Health and Human Services
- * VA Association of Area Agencies on Aging
- * Partner with 25 Local Area Agencies on Aging
- * Outreach Events
- * Educational Programming
- * 1-800 Fraud Hotline



Top 5 Cyber Security Tips



1. Use MFA or a Passkey

Multi-factor authentication (MFA/2FA) is a security process requiring users to provide two or more distinct types of evidence to verify their identity before accessing an account or system.

- * Username & Password +
 - * Text Message
 - * Phone Call
 - * Email



1. Use MFA or a Passkey

A Passkey is a secure, passwordless authentication method that allows you to sign in to apps and websites using device-level credentials.

They are immune to phishing, replace passwords by biometric or device-based verification, and are faster and more secure than MFA.

- * Fingerprint
- * Facial Recognition
- * Pin



2. Keep Your Software Up-To-Date

Installing software updates for your operating system and programs is critical. Always install the latest security updates for your devices.

- * Turn on Automatic Updates for your operating system
- * Never click on a Pop-Up to update
- * Update notifications will always appear in your settings



3. Use A Password Manager

A Password Manager can help you to maintain strong unique passwords for all of your accounts.

- * Generate strong passwords for you
- * Enter your saved passwords automatically
- * Some remind you to change or update your passwords



4. Backup Your Data

A backup is a second copy of your digital files and it can protect you from data loss. You can access this backup in the event your device or data become inaccessible, destroyed, or damaged.

Data loss can occur in many ways: a computer or hardware crash, a lost or stolen device, data corruption, or malware that encrypts it and holds it for ransom.

- * Cloud Storage/Backup
- * External Hard Drive
- * Flash Drives



5. Secure & Protect All Devices

Never leave your device unattended.

If you need to leave your laptop, phone, or tablet for any length of time...

- * Lock the screen and physically lock it up
- * Make FDs & EHDs are encrypted and locked up
- * Don't hand your cellphone to anyone



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3. Use A Password Manager
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Banking Safety



Banking Safety

- Credit Cards are safer than Debit Cards
- Banking Apps are safer than Websites
- Set Up Transaction Alerts
- Lock Unused Cards/Freeze Credit Accounts
- Tapping is safer than Swiping/Chipping



Random Safety



Random Safety

- Don't use Unfamiliar QR Codes
- Don't use Unfamiliar Flash Drives
- Don't use Public Wi-Fi
- Don't use Public USB Charging Ports
- Don't Tap to Donate with Strangers



Antivirus Software



Antivirus Software

Antivirus software is a security program designed to detect, prevent, and remove malicious software (malware)—such as viruses, ransomware, spyware, and Trojans—from computers, servers, and mobile devices.

It runs in the background, scanning files and monitoring system activity in real-time to protect data from theft or damage.



Antivirus Software

Bitdefender Antivirus Plus: Best for Overall Protection

Lauded for its lightweight footprint, excellent malware detection rates, and advanced threat prevention.

Norton 360 Deluxe: Best All-in-One Suite

Known for top-tier security, including a VPN, password manager, and identity theft protection (LifeLock).

TotalAV: Best for Beginners

Offers a user-friendly interface with strong, real-time protection against malicious websites and viruses.



Virtual Private Network (VPN)



Virtual Private Network (VPN)

A Virtual Private Network creates a secure, encrypted "tunnel" between your device and the internet, masking your IP address and location.

It protects your online privacy by scrambling data, preventing ISPs and hackers from tracking your browsing habits or accessing sensitive information on public Wi-Fi.



Virtual Private Network (VPN)

NordVPN: Best Overall & Most Secure

Widely regarded as the top choice for speed, security features (like Meshnet), and reliability.

Surfshark: Best Value & Family Friendly

Known for allowing unlimited simultaneous connections, making it excellent for households with many devices.

Proton VPN: Best for Privacy

A trusted, security-focused provider with a strong free version and top-tier privacy policies.

Internet Security Services



Internet Security Services

Internet security services are specialized tools, software, and managed protocols designed to protect computers, networks, and data from unauthorized access, cyberattacks, and malware while online.

They provide essential protection against threats like hacking, phishing, and data theft. Key services include antivirus software, firewalls, VPNs, and monitoring.



Internet Security Services

Aura: Best for Families

Offers all-in-one digital security, including credit monitoring, VPN, antivirus, and up to \$1 million in identity theft insurance.

LifeLock by Norton: Best for Comprehensive Protection

Known for advanced identity monitoring and robust security tools, often bundling its service with Norton 360.

Identity Guard: Best for Value

Recognized as a budget-friendly option for strong, comprehensive identity protection.



SMP
Senior Medicare Patrol
Preventing Medicare Fraud

VirginiaSMP.com
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