Important Papers
• Don’t carry social security numbers.
• Keep purses/wallets with you at all times or locked in a secured work location.
• Buy a fireproof, lockable safe to keep these important papers at home.

Credit Bureaus
• Check your credit report annually from the 3 major credit bureaus for free.
• Ask for a flag on your credit accounts to alert you if anyone (including you) tries to obtain new credit.
• Guard receipts, especially credit card receipts; be sure they don’t fall out.

Businesses
• Social Security Number should not be given unless applying for credit.
• Avoid your mother’s maiden name as a password. Use a pin number.
• At an ATM, block the view while entering your pin number.
• Calls from telemarketers: do not give out any information – buy online or at a store.
• Opt-out of having pre-approved credit offers sent to you for two years by calling 1-888-5-OPTOUT (567-8688).

Mail
• Collect mail promptly.
• Going out of town: have the post office hold your mail.
• Buy a locked mailbox or use a post office box if mail could be easily stolen.

Credit Cards
• While waiting in line, if you take your credit card out, cover the number.
• Make sure the cashier isn’t double swiping the card to obtain the number for personal use.
• Phone orders: be sure no one can hear you giving information.
• Thank cashiers for comparing signatures on the sales slip and credit card.
• Write “See ID” on the back of credit cards, so cashiers will ask for your picture ID.

Garbage
• Buy a shredder and shred any documents containing your name and personal information.

Online
• Be aware of phishing emails deceiving you into thinking they are requesting information for a legitimate company.
• Use secure servers.
• Check often for spyware.
• Tell your children to be careful what they enter online.

If you or someone you know is having a problem, contact MHNet—help is available!

Source: Life Advantages, Parlay International