

Making Sense Of
SECURITY

HEALTHCARE SOS
PATIENT-PORTAL REFERENCE CARD

DO THESE IMMEDIATELY

1. Generate a strong unique password for your patient portal in your password manager.
2. Turn on 2FA — authenticator app preferred, SMS if not available.
3. Lock down the recovery email account (strong password + 2FA).
4. Audit current proxy / family access. Remove anyone who shouldn't be there.

PREVENT THIS — TURN ON

- ✓ Strong password (16+ chars)
- ✓ 2FA on (app preferred)
- ✓ Recovery email locked
- ✓ Family access audited

MakingSenseOfSecurity.com/how-to/health/

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