Cybersecurity: Tips on how to protect yourself online

The cybersecurity threat landscape evolves quickly. Every day, cyber criminals find new ways to access systems and devices. Leverage these tips to help protect yourself.

Eight Tips for protecting yourself:

1. TIAA uses “Always On” multi-factor authentication for all customers at every login. For extra protection, you can enable additional 2-Step verification on the Security Preferences page in your TIAA Account Profile. Visit TIAA.org > Login > My Profile > Security Preferences.

2. Make sure to use a different password for every site and use complex pass-phrases. Do not reuse or share your passwords.

3. Be wary of oversharing information online. Information like social media quizzes can be used for social engineering.

4. Beware of phishing attacks. Phishing attacks aim to trick you into sharing your passwords, account numbers, and sensitive information, and gain access to your accounts.

5. Keep personal contact information current and select multiple commutation options, so you can be reached if there is a problem.

6. Regularly monitor your credit score and online accounts. Close and delete unused accounts.

7. Use antivirus software and keep apps and software current.

8. Know how to report identity theft and cybersecurity incidents.
   
   a. For FBI Cyber incident reporting, click here.
   b. For Department of Homeland Security cyber incidents, click here.
   c. For TIAA, call at 800-842-2252 or report a suspicious email at abuse@tiaa.org.

At TIAA, customer data security is a top priority, and we combine technology, people, and processes to protect our customers and their personal information. We comply with both state and federal regulations, and industry guidelines. For more information please visit the Security Center.

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