

My account safety checks



Status only: no passwords or private codes

For each service, mark: unique password checked / extra sign-in protection on / recovery details checked.

Email service and check status

Phone service and check status

Health or pharmacy service and check status

Bank or other important service and check status

One remaining task and date to revisit

Trusted help route: service name or known support number

Keep private. Never give sign-in codes to an unexpected caller or message.