



Who is BMT?

We provide essential IT services to help small and mid-sized companies operate securely and productively.

By aligning technology with goals, we add significant value to your business.

- ✓ Over 25 years of technical knowledge and experience
- ✓ Named to CRN's 2018 Top 500 Managed Service Providers List
- ✓ Ranked #2 in NJ for Cybersecurity by NJBIZ
- ✓ Local, 24/7 support dedicated to providing the highest level of customer care

1 Protect yourself with a Password Manager

Passwords can be inconvenient, but they're important if you want to keep your information safe. A Password Manager is a great tool that will easily create and store complicated passwords for you.

2 Enable 2FA for Everything

Two-factor authentication (2FA) requires you to link accounts to your cell phone and/or email address to verify your identity when you sign in. If hackers happen to steal your username/password, they can't access your accounts without your phone.

3 Take a phishing quiz

Cyber criminals are getting more creative every day. Cisco has a handy [phishing quiz](#) you can take. Beyond phishing, we also recommend taking a [general cyber security quiz](#) to test out your overall security awareness.

4 Check your bank statements and set up fraud alerts

When criminals steal your bank account information, they often make small charges first before going for the big bucks. Make sure you can account for every dollar spent, when, and where. If you can't, call your bank right away.

5 When in doubt, throw it out

Links in email and online posts are often the way cyber criminals compromise your computer. If it looks suspicious (even if you know the source), delete it.

6 Consider what you share

Limit the amount of personal information you share about yourself online. Your full name, phone number, address, school or work location, and other sensitive information should not be published. Be wary of social media surveys or quizzes as they may be trying to obtain answers to your security questions.

7 Lock Down Your Systems

Always, always, always use a screensaver with a password to lock your computer, tablet, and smartphone.