



January Newsletter

## Your Monthly Shred & Med Waste News!

Visit our website



### Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event for your:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHRED ON SITE!**

**FRIDAYS FROM 9:30AM-10:30AM**

Peter's Hardware  
975 SE Federal Hwy, Stuart, FL  
(Across from the McDonald's on Us-1)

*\$20/ Box. \$25/hard drive.  
(CASH only. Credit Cards for 5  
or more boxes)*

### January Special!

*Become a Recurring Client and Get One Month Free!*

\*Valid for shredding or medical waste. Must sign a 3 year agreement and one month will be free (up to \$200 value).



### Are You Compliant? We Can Help!

All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

**For More Information,  
Call 772.222.3266**

What Are You Doing With



## Securing Data on Your Mobile Device



Here are some top tips from a recent Continuing Legal Education Course Owner Dawn Connelly took on how to secure the data on your cell phone:

- **Do Not Use Open (free) Public Wi-Fi Networks** - hackers are known to sit in coffee shops and other places with free Wi-Fi to gather your unsecured data.
- **Consider Using a VPN** - a Virtual Private Network (VPN) is a way that your data is encrypted while you surf the internet. Recommended ones are Express VPN, Nord VPN and Tunnelbear (free & great for beginners).
- **Keep Apps and Operating Systems Updated** - when Apple sends you an iOS update, make sure you install it right away as it provides corrections to bugs and other security issues.
- **Use a 6 Digit Passcode** - don't use a 4 digit passcode, which is too easy to decode, and do not use ones like 123456 or 111111.
- **Enable Auto Lock** - under settings (go to "display and

## Your Electronics Data?



Many consumers and businesses do not realize how much data is stored on their computers, laptops and other electronic devices.

On average of 50,000 documents or 1GB of data is on each computer.

It's critical that you are properly destroying that data to protect you from identity theft and fraud.

All Points Can Help You Destroy

- Laptops
- Desktops
- Hard Drives
- Magnetic Backup Tapes
- VHS Tapes
- Floppy Disks
- Zip Disks
- CDs, DVDs, Blu-Rays
- Microfilm
- Microfiche
- Credit Cards
- X-Rays

[Click Here to Learn About our Media and Electronic Destruction Services](#)

**"The only man who never makes mistakes is the man who never does anything."**

brightness", then "turn on auto lock" on an iPhone), which enables your phone to auto lock if put down for a time. 2 minutes should be the max. 30 seconds is safer.

- **Consider a Password Management Tool** - great ones are 1Password and LastPass. These encrypt and store your passcodes and share them between your devices.
- **Enable Find My (iPhone)** - this tool found under "locations services" on an iPhone allows you to track down the phone, which has been used to find stolen phones, change the password on a stolen phone, and delete all data remotely.

Source: FL Bar CLE

[Click Here To Learn About Hard Drive Destruction!](#)

**Call Now for a Free Quote 772.222.3266**



-Theodore Roosevelt



## For Second Time, IRS Inadvertently Published over 100,000 Taxpayer Records

The IRS mistakenly RE-published 112,000 tax payer records in November. This is after the IRS initially published them earlier in 2022.

The IRS is blaming an outside contractor. Approximately 104,000 of 106,000 forms that were previously shared were reshared.

Under data breach laws, the IRS is contacting those individuals and businesses affected. It was also forced by law to inform Congress.

Source: IT Guru/ITPro



## Adults Who Drink Enough Water Live Longer & Healthier

Research published January 2, 2023, that studied 11,255 adults over a 30 year period found that adults who do not drink sufficient water are more likely to develop chronic illness and age faster. They are also likely to die at a younger age.

The results of this large study indicate that proper hydration can slow down aging and assist with a disease free life.

How much water is enough? Six to nine cups a day for women and eight to twelve cups a day for men. Those living in hot environments or who exercise regularly, and pregnant and breastfeeding women will need more.

Source: Epoch Times



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