



February Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



**All Points Protection Suite
powered by uRISQ: Now a
Part of Our Core Offering**

We've Expanded How We Protect Your Business

At All Points Mobile Shredding, protecting your business has always been at the core of what we do. We're proud to expand that commitment by bringing you **uRISQ®**, the most trusted privacy and security program for small and medium-sized businesses.

Why? Because threats to your data are growing every day, and the costs of a breach can be devastating.

With uRISQ, you get a **complete program** that strengthens your defenses, helps you stay compliant with regulations, and gives your customers the confidence that their information is safe in your hands.

uRISQ includes six powerful modules, from scanning your website for vulnerabilities to helping you respond if a breach occurs, all built with small businesses in mind.

We've done the hard work of finding the right solution. Now you can focus on growing your business, knowing your data is secure.

Learn more about the uRISQ Training Module at myurisq.com or call us at 772.222.3266



Friday Shred Event: Two Locations!

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

- Confidential Documents
- Hard Drives

EVERYTHING IS SHREDDED 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 or check only)*

**All Points Mobile Shredding
Cape Coral:** (By appointment only)
921 SE 13th Place, Cape Coral, FL

\$25/box (credit card/debit card only)



February Health & Wellness:

February Special: Medical Waste Setup Bonus

Start your secure medical waste disposal service this month and receive an exceptional bonus!

Free Destruction with New 3-Year Medical Waste Agreement
Choose one:

- One full bin of confidential paper documents (approximately 6-7 copy paper boxes/200 lbs) OR
- Up to 5 hard drives destroyed

This offer is available exclusively with new 3-year Medical Waste contracts signed during February 2026. Destruction must be completed at the time of initial setup and is performed off-site at our secure facility.

This is the perfect opportunity to consolidate your compliance services while securely disposing of old records or outdated electronic media you've been meaning to eliminate.

Why choose All Points for Medical Waste disposal?

- **NAID AAA Certified** for document and media destruction
- Full HIPAA and OSHA compliance training available
- Convenient scheduled pickups across the Treasure Coast and Palm Beaches
- Over 500 Five-Star Google Reviews
- Certificate of Destruction provided for all destruction services

Don't let another month go by with compliance gaps. Call 772.222.3266 to schedule your setup and claim your free destruction bonus.

Offer valid for new customers only. Must be booked with setup completed during the month of

The Remarkable Benefits of Cold Water Therapy

Recent research from the European Journal of Applied Physiology reveals that regular cold water exposure can dramatically boost your immune system and overall health. Scientists studying over 3,000 participants found that those who incorporated cold water therapy into their routine experienced 29% fewer sick days compared to those who didn't.

Cold water immersion triggers several beneficial physiological responses. When exposed to cold water, your body activates brown fat tissue, which burns calories to generate heat and helps regulate blood sugar levels. Studies show this can improve insulin sensitivity by up to 40% over several months.

The immune benefits are equally impressive. Cold exposure increases the production of white blood cells and activates the sympathetic nervous system, which enhances your body's ability to fight infections. A study published in PLOS ONE found that regular cold showers reduced workplace absenteeism significantly.

Mental health benefits shouldn't be overlooked either. Cold water therapy releases endorphins and norepinephrine, naturally elevating mood and reducing symptoms of depression. Research from the University of Portsmouth found that cold water swimmers reported substantial improvements in anxiety and mood disorders.

You don't need to jump into an ice bath to see results. Start with 30 seconds of cold water at the end of your regular shower, gradually increasing duration as your body adapts. Even 2-3 minutes can

February 2026.

Call us today at 772.222.3266 or visit allpointsprotects.com to learn more.



Are You Compliant? We Can Help!

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

**For More Information,
Call 772.222.3266**

**All Points is Proud of Our
Over 500 5-Star Google
Reviews.
Consider Writing One!**



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

provide substantial benefits.

Source: European Journal of Applied Physiology, PLOS ONE, University of Portsmouth



Security & Compliance: The Rising Threat of AI- Powered Social Engineering

Cybersecurity experts are sounding the alarm about a dangerous new trend: artificial intelligence is making social engineering attacks more sophisticated and harder to detect. According to the 2026 Data Breach Investigations Report, AI-enhanced phishing attacks have increased by 135% over the past year.

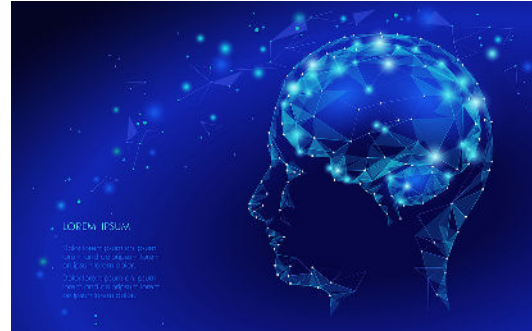
Traditional security training taught employees to watch for spelling errors, generic greetings, and suspicious links. However, AI-powered attacks have changed the game entirely. These new threats use machine learning to analyze your company's communication patterns, mimic writing styles perfectly, and even generate convincing voice messages that sound exactly like your CEO or trusted vendors.

The financial services sector has been hit particularly hard. One recent case involved an AI-generated voice call that convinced a bank employee to transfer \$250,000 to a fraudulent account. The voice was so convincing because the attackers had used publicly available audio of the executive from conference calls

We are proud of our over 500 5-star Google reviews and very thankful to our wonderful clients who provided them!

[Click Here to Read Our Google Reviews](#)

[Click Here to Write All Points a 5-Star Google Review!](#)



Why Your Brain Craves Novelty

Have you ever wondered why trying something new feels so energizing? Neuroscience reveals that your brain is literally wired to seek out novel experiences, and understanding this can help you stay mentally sharp.

When you encounter something new, your brain releases dopamine from an area called the substantia nigra. This chemical doesn't just make you feel good—it actually enhances your brain's ability to form new neural connections and consolidate memories. Research from University College London shows that novelty detection activates the hippocampus, the brain region crucial for learning and memory formation.

Here's the fascinating part: this novelty-seeking mechanism evolved as a survival advantage. Our ancestors who were curious about their environment and explored new territories were more likely to find food, avoid dangers, and ultimately survive. Today, that same circuitry

and presentations to train their AI model.

Document security has become even more critical in this environment. Physical documents containing sensitive information—employee directories, organizational charts, client lists—can provide attackers with the intelligence they need to craft convincing social engineering attacks. A discarded document with email addresses and phone numbers is a gold mine for AI-powered phishing campaigns.

The best defense combines multiple strategies: implementing zero-trust verification protocols for financial transactions, conducting regular security awareness training that includes AI-threat scenarios, and most importantly, ensuring all confidential documents are properly destroyed through **NAID AAA Certified** shredding services. Remember, information that doesn't exist can't be stolen.

Source: 2026 Data Breach Investigations Report, Cybersecurity & Infrastructure Security Agency



**WE OFFER ELECTRONIC & HARD
DRIVE DESTRUCTION**
Click Here to Learn More!

Call Now for a Free Quote
772.222.3266

drives us to learn new skills, visit new places, and try new experiences.

The science gets even more interesting. Studies published in *Neuron* demonstrate that when you experience something novel, your brain enters a heightened state of plasticity for several hours afterward, making it easier to learn and remember other information during that window. This is why breaking up your routine can actually improve your overall cognitive function.

You can harness this by intentionally introducing small novelties into your daily life—taking a different route to work, trying a new cuisine, or learning a few words in a new language. These simple changes keep your brain engaged and growing.

Source: University College London, Neuron Journal, Nature Neuroscience



**"The only way to do great work is
to love what you do."**

- Steve Jobs

**"Success is not final, failure is not
fatal: it is the courage to continue
that counts."**

- Winston Churchill

**"The future belongs to those who
believe in the beauty of their
dreams."**



Security & Compliance:

Stay Protected: Identity Theft Awareness for Your Peace of Mind

In an increasingly digital world, protecting your personal information has never been more critical. Identity theft affects millions of Americans each year, with fraudsters constantly developing new tactics to access sensitive data and wreak financial havoc.

Recognize the Red Flags

Identity theft often goes unnoticed until significant damage occurs. Be alert if bills suddenly stop arriving, unfamiliar charges appear on statements, or you receive collection notices for debts you never incurred. Medical bills for services you didn't receive or tax returns that have mysteriously already been filed are serious warning signs requiring immediate attention.

Simple Steps for Strong Protection

Safeguarding your identity doesn't require complex strategies—just consistent, smart habits. Start by treating personal information like cash: guard it carefully and share it sparingly. Create robust, unique passwords for each account and update them regularly. Consider using an authenticator app for enhanced login security.

Monitor your financial accounts frequently and enable transaction alerts through your banking apps. This real-time awareness helps you catch suspicious activity before it escalates. Be especially cautious with peer-to-peer payment apps, as they've become prime targets for scammers.

Spot Scams Before They Strike

Fraudsters rely on creating urgency and fear. Legitimate organizations won't demand immediate action or request sensitive information via email or text. Be skeptical of messages with poor grammar, suspicious links, or threats about account expiration. When in doubt, contact the organization directly using verified contact information—not the details provided in the questionable message.

How All Points Mobile Shredding Keeps You Secure

At All Points Mobile Shredding, your security is our priority. We maintain advanced monitoring systems and employ continuous training to stay ahead of emerging threats, ensuring your information remains protected around the clock.

Stay vigilant, stay informed, and let us help you maintain the security you deserve.

Check Out Our 5-Star Google Reviews Here!

[Click Here to Learn About On-Site Shredding](#)

[Click Here to Learn About Electronics Destruction](#)



All Points Mobile Shredding & Medical Waste
772.222.3266
clientcare@allpointsprotects.com
allpointsprotects.com

Connect with us



All Points Mobile Shredding | 505 SE Central Parkway | Stuart, FL 34994 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!