

Your RMSCare Package

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Happy February,

Halleluiah, it is February: the month to ditch the diet and exercise and go back to being happy!! Hopefully Claudia won't see this!!!

*This is our first issue with **RMS Cares about Your Security** which will be a series of monthly articles concerned with keeping you, your business, your family and your friends safe from all kinds of security issues. I will explain more below. Since I had a family member's Facebook account get hacked recently, I thought an article about Facebook security was the perfect way to kick off **RMS Cares About Your Security** (See page 3).*

I hope you all have a wonderful February!



RMS Cares About Your Security

When asking our clients what their biggest concerns are relating to their business, security usually tops the list. They have seen large companies (Target, Scottrade, BlueCross BlueShield, etc.) hit with various cyber-attacks so they know if it can happen to these large companies, it can happen to them. There are also multiple news stories on scammers targeting everyone especially the elderly. Because of the concerns in this area, we have decided to publish a series of articles entitled **RMS Cares** with information we feel is pertinent to our friends and clients to prevent them from becoming victims of malicious attacks.

Some of the articles we are working on for upcoming newsletters concern keeping mobile devices secure (cellphones, pads, etc.), secure pins and password information, 2 factor identification, copier safety (they are computers too), scams hitting everyone especially the elderly, keeping your children safe on devices, malware and virus information, how to surf the net safely, and yes today's article discusses Facebook! We hope these will be informative and you will share with the appropriate people in your business as well as your personal life.

If you happen to come across some information you think would be beneficial for us to share, please send it to me at rrowe@rmsatl.com so that I can check it out to put in our RMSCare Package. It truly takes a village to keep us safe!!



Techy Tidbits

Microsoft Outlook for iOS and Android – Worth a try?

The new Outlook for iOS and Android connects e-mail accounts, calendars and files all in one place. So what's the verdict from users? It gets mixed reviews, for an average of 3.5 out of 5 stars on Google Play. On the plus side, it's got a lean, easy-to-use UI. It sorts incoming e-mail by "Focus" and "Other" with an easy-to-use swipe gesture to move between the two. The scheduler uses color-coding and grays out info you don't need. On the minus side, some users report syncing and sign-in errors and incompatibility with certain systems. Still, once the bugs are worked out, it's certainly worth a test drive. *-Computer World, 10.29.15*

Star Wars BB-8 Droid Tie-In: The Story and the Tech Behind the Hit Toy



Talk about your dream contract! It was just the second day of Disney's inaugural tech-development Accelerator. Sphero CEO Paul Berberian and the company's two founders were invited to chat with Disney CEO Bob Iger in his office. When it's their time to meet, Iger pulls out his iPhone and shows them dailies from the new Star Wars film, *The Force Awakens*, then in production – stuff nobody but folks directly involved in making the movie had seen. Iger pointed to the rolling droid, BB-8, and asked Berberian if he and his team could build it. The rest, as they say, is history.

Pain Relief Gets a New Look

A new wearable electronic device named Quell is designed to relieve pain without popping pills. Yet it doesn't look like a medical device. Resembling an athletic band, it's worn on the leg, just below the knee. It connects to your smartphone so you can track therapy sessions, control features, monitor quality of sleep and store data to the Quell HealthCloud. 67% of Quell users report a reduction in their use of pain medication. Some users experience relief in as little as 15 minutes. Tapping into your body's natural pain-control system, it can block pain signals, providing widespread pain relief. Just bear in mind, it doesn't work for everyone – your results may vary. *-MedGadget 08.17.15*

World's Smallest Camera Drone

Curious about camera drones, but not sure where to begin? For under \$30 you can get a tiny "quadcopter" that fits in the palm of your hand. The Cheerson CX-10C claims to be the world's smallest drone with a camera. You'll get a flight time of no more than about three minutes, less if you use the camera. Which, of course, is the point, isn't it? Still, it's a good way to get the hang of playing with one of these things without a whole lot of cash out-of-pocket. Use it for aerial shots of you and your family skiing, on the beach – or just buzzing around the house for practice. *-Drone Arena, 11.06.15*



Shiny New Gadget Of The Month:



Keeps You In Touch, Could Save Your Life

If you fly often for business, a satellite messenger may be just the thing to stay in the cloud when you're above the clouds. And if your travels for fun take you into the wild, it could literally be a lifesaver.

Just ask retired Houston firefighter Michael Herrera. After breaking three ribs and his collarbone in a hard fall from his dual-sport bike in a remote area in Alabama, he hit the SOS button on his messenger. Within 40 minutes an ATV was on hand to transport him to a trauma center.

Features to look for in a satellite messenger include data speed, battery life, coverage areas, size, weight and ease of use.

And, of course, an SOS button.

RMS Cares about Your Security

Keeping Your Facebook Account Safe

As of December 2015, there are 1.55 billion monthly active Facebook users worldwide. 1.01 billion people log into Facebook daily and 5 new profiles are created every second. With so many people using Facebook, it is no wonder that hackers are at work to hack Facebook accounts. If it hasn't happened to you, the likelihood is that someone you know has been hacked. So how do you keep hackers off your account? Here are some great ideas to keep you safe!!



1. Create a strong password. It should be a password you only use for 1 account! It should be a combination of capital and small letters, numbers and symbols. Since you probably already have a password, to change it to a better password, go to general account settings then password and you can change it.
2. Make sure your mobile number is attached to your FB account so if the need arises it can be used to reactivate your account. Go to settings, then mobile.
3. Activate login approvals. This is a feature which gives you an added level of security. You will receive a login code from FB texted to your mobile device anytime you login from an unrecognized device. Simply go to settings, security, login approvals. To set this up you must have your cell phone with you and it sometimes takes a few minutes to get the text message with your alternate security code but well worth the extra security.
4. Disconnect previous browsing sessions. You can see everywhere you have active browsing sessions by going to settings, security, your browsers and apps. Then click edit and you can delete any browsing sessions you like to end.
5. Don't stay logged in as others who gain access to your device will be able to get into your account without having to log in. It is so easy to keep it always open but this is just another level of security. When you login, uncheck the keep me logged in box so that you have to enter your email and password every time.
6. Be aware that whether or FB or anywhere else, you must be careful before clicking on any links!! Even if the link appears to come from your friends it may be from a scammer. They send you private messages, links on your timeline, etc. so never click these unless you are sure it is safe!! Also make sure your browser is updated so that it has the latest security updates.
7. Log out before leaving your FB session. Yes, this is the same as number 5 but it is worth repeating!! This prevents your "friends" who use your computer or cellphone from posting embarrassing things to your account but also is the single best way to prevent hackers from gaining access to your account!!

If you use these suggestions, you should be able to enjoy Facebook with the other 1.55 billion users without the risk of getting hacked although as with any criminal, they are constantly looking for new ways to gain access... so stay vigilant!!

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