



Cyber Uplift Action Plan

Stage one

Stage two

Stage three

Stage four

Secure accounts

Secure devices

<ul style="list-style-type: none"> <input type="checkbox"/> Use your asset register to list all your accounts and devices. <input type="checkbox"/> Install a multi-factor authentication app or buy physical tokens for device and account access. <input type="checkbox"/> Install and learn how to use a password manager. <input type="checkbox"/> Add your existing passwords to your password manager. <input type="checkbox"/> Check to see if any of your accounts have been compromised using the Have I Been Pwned Website. 	<ul style="list-style-type: none"> <input type="checkbox"/> Change five account passwords. You can change more but start with your five most important accounts Ensure they are long, strong and unique. <input type="checkbox"/> Ensure your password manager has your updated passwords. <input type="checkbox"/> Review your social media accounts and configure privacy and security restrictions. <input type="checkbox"/> Enable MFA on accounts that support MFA. 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to change passwords: change another ten passwords and ensure your password manager has your updated passwords. <input type="checkbox"/> Change the default administrator name and password of your router. <input type="checkbox"/> Modify your Wi-Fi network names so they do not reveal information about your location or your network equipment. <input type="checkbox"/> Review your mobile application privacy and security restrictions. 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to change passwords and store these in your password manager, until all your accounts have unique passwords. <input type="checkbox"/> Check that all your accounts that support MFA are configured to use MFA.
<ul style="list-style-type: none"> <input type="checkbox"/> Turn on a PIN or password for all your devices. <input type="checkbox"/> Enable auto-updates on your devices (phone, tablets, laptops & PCs). <input type="checkbox"/> Run a full scan of your anti-malware software and remediate suggested actions. <input type="checkbox"/> Schedule re-occurring weekly updates & full weekly anti-malware scans. <input type="checkbox"/> Turn off your mobile devices daily. 	<ul style="list-style-type: none"> <input type="checkbox"/> Passwords protect your Wi-Fi channels. <input type="checkbox"/> Consider consuming a VPN service for a safer online presence. <input type="checkbox"/> Update your laptop password. <input type="checkbox"/> Apple iOS users Turn on lockdown mode. <input type="checkbox"/> Android users Ensure you are using Google Play Protect. 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a guest Wi-Fi network and password protect it. <input type="checkbox"/> Check your router for firmware updates. <input type="checkbox"/> Enable a firewall on your router. <input type="checkbox"/> Schedule automatic updates for your router (if available). <input type="checkbox"/> Consider purchasing a USB power bank or a data blocker for your devices when away from home. 	<ul style="list-style-type: none"> <input type="checkbox"/> Check your anti-malware scan results and make sure your system is protected. <input type="checkbox"/> Check to see when updates were last installed on your device and install any new ones if necessary. <input type="checkbox"/> Create a schedule or reminder to restart your router every month.

Cyber Uplift Action Plan Document links

Password Manager

<https://www.ownyouronline.govt.nz/personal/get-protected/guides/keep-your-data-safe-with-a-password-manager/>

Have I been Pwned

<https://haveibeenpwned.com/>

Social Media privacy and security restrictions

<https://www.ownyouronline.govt.nz/personal/get-protected/guides/staying-safe-on-social-media/>

Apple iOS Lockdown mode

[About Lockdown Mode - Apple Support \(NZ\)](#)

Android Google Play Protect

<https://support.apple.com/en-nz/105120>

Home router protections

<https://www.ownyouronline.govt.nz/personal/get-protected/guides/secure-your-home-network/>