



# YOUR DATA IS COMPROMISED. What next?

Assume your information is already out there. Data privacy is no longer about prevention—it's about management. By 2024, 259 million Americans faced health data breaches, and in 2025, over 33 million records were stolen by October.



## Actionable Steps to Protect Yourself

Since we cannot control the companies holding our data, we must control access to our own lives. Intrada encourages you to take these effective steps immediately to strengthen your personal security and stay safe.

### 1 FREEZE YOUR CREDIT

- Create accounts at TransUnion, Experian, and Equifax.
- Freeze your reports to stop new loans in your name.



### 2 ENABLE MFA EVERYWHERE

- Turn on Multi-Factor Authentication for Bank, Email, and Social accounts.
- A password is not enough anymore.



### 3 VERIFY THE SOURCE

- Never trust an unexpected call, text, or email.
- Don't use the contact info in the message. Look up the official number yourself.



### 4 THE POWER OF PAUSE

- Scammers want you to panic.
- If it feels urgent or emotional, STOP. Don't react.



### 5 MONITOR YOUR ACCOUNTS

- Check bank statements weekly.
- Use monitoring services, but sign up directly through their official sites.

