

Your Free Monthly Newsletter From Your Friendly Shredding Company
Helping You Stay Informed, Engaged & Protected

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

Sept 2018

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

[Visit Our Website](#)

Fall Special!
Refer a Client (Shredding or Medical Waste) and get \$50 Gift Card *



Our greatest compliment is a referral from You!

Records kept beyond their required length of time, become a liability.
How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

Call Now:
772.222.3266

* Must be a new client. Must be minimum of \$40/month with monthly service and minimum 2 year agreement.

Fall Cyber Security Tips

- Use/enable the fingerprint ID and pin on your phone and computer if that is an option on your devices
- Use a strong password for your e-mail (one that contains capitals and lower case letters and a symbol or number)
- Use unique passwords and do not reuse old ones
- Enable multi-factor authentication for your e-mail account(s)
- Restart your computer when updates are installed
- Back up everything to cloud storage or an external hard drive regularly
- Use a password manager like LastPass to manage your accounts
- Respond to all prompts to update your software
- Restart your computer occasionally to confirm updates took place
- Don't ever click on a link in an e-mail that you don't recognize or that asks for help or money



Source: LastPass Blog

Low & High Carb Diets Shorten Life Span

A new study reveals that low and high carb diets increase your chances of death.

The lowest risk of illness and death is associated with those who consume 50-55% carbs. This news is not good for all the low carb fad diets out there.



Those consuming more than 70% carbs and less than 40% carbs were at the greatest risk of death.

People who replaced carbs with animal protein (red meat, chicken and cheese) had the highest mortality rates while those who replaced carbs with animal proteins had a lower risk.

The study looked at 15,000 people ages 45-64 in the US from various socioeconomic backgrounds. The study used questionnaires to determine the total calories consumed, what percentage of food were carbs, and what foods their diets were comprised of. Those in the study were followed for 25 years and during that time, 6283 died.

The lesson is that moderation is key.

Source: CNN

LifeLock Breach

LifeLock has built a reputation on helping its customers protect their identities online. News just broke that LifeLock may have actually exposed those very customers to additional attacks from

identity thieves and phishers.

The company is aware of the risk and fixed the vulnerability on its website.



The flaw was discovered by a 42 year old freelance security researcher who is also a former LifeLock subscriber. The security researcher made the discovery after he was sent an email asking if he wanted a discount for renewing his LifeLock membership. Clicking "unsubscribe" at the bottom brought up a page with customers emails that thieves could use for a phishing attack by knowing (1) their email addresses and (2) they are a LifeLock customer.

The issue was not a vulnerability in the member portal and has since been fixed.

Source: Information Management Today

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STAY CONNECTED:

