

# Talk Nerdy to Me



Tips To Help Your Organization Run Faster, Easier, & More Profitably

Spring 2020

A graphic showing a smartphone in the center. To the left is a login form with fields for 'Username' and 'Login'. To the right is a 'SUCCESS!' message. The text 'Two-Factor Authentication' is overlaid in large blue letters.

## Two-Factor Authentication

REFER A BUSINESS  
TO CAPSTONE IT  
GET \$200 TOWARD  
A CHARITY OF YOUR  
CHOOSING!

A circular logo with an orange border and a grey inner circle. The text 'The 200 Club' is written in a cursive font inside the circle. There are decorative lines and dots extending from the circle.

The  
200  
Club

SUBMIT YOUR REFERRAL

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### FIND INSIDE:

- ♦ **WHAT YOU NEED TO KNOW ABOUT TWO-FACTOR AUTHENTICATION**
- ♦ **QUARTERLY GADGET**
- ♦ **YOUR NEXT EVENT SPEAKER**
- ♦ **GIVING BACK IN 2019**
- ♦ **WIN \$25 AMAZON GIFT CARD**
- ♦ **PASSWORD SAFETY TIPS FOR END USERS**

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# What South Florida Business Owners Should Know About Two-Factor Authentication

## What is two-factor authentication? What is multi-factor authentication?

Two-factor (2FA) or multi-factor authentication (MFA) is an additional security layer for your business – helping to address the vulnerabilities of a standard password-only approach.

Two-factor authentication adds another layer of security to ward off cyber criminal attacks that threaten your business and client data.

## Why should I—the business owner—be concerned about layers of security?

### Maintaining Compliance

Many south Florida small to medium businesses must maintain compliance standards when gaining access to online accounts. This includes companies associated with HIPAA, PCI DDS, FIPA and some who share information between agencies. Many government agencies, health care companies, and non-profits requiring health information require the use of two-factor authentication to gain access into their databases, especially from remote locations. Even financial and law firms are protecting personal client data. Businesses could lose their access and incur strict penalties if they are not in full compliance. Many procedures and protocols required in obtaining two-factor authentication are not based on the type of 2FA method, but the fact that the user is prompted to input a second layer of verification before gaining access into a HIPAA protected database. It's good practice to maintain compliance, but it also puts you ahead of your competitors. It's amazing how many businesses cut corners when it comes to technology and then find themselves not meeting compliance standards.

## Increasing remote and traveling employees

There are many layers of security that your IT company or in house IT team may have in place onsite. However, employees are increasingly working remotely either because of travel or the option to work from home.

Even though two and multi-factor authentication can be more time consuming than just inputting a password, the benefits greatly outweigh the costs. Given the rising level of aggressive online criminal activity only practicing good

cyber criminals go after the passwords of traveling employees, 2FA is yet another layer of safety you can rely on. Your network security is only as safe as your security measures you place on your most vulnerable employee.

## Which 2FA App is best and why?

There is a Google app for Android and also a Microsoft app for two-factor authentication. However, these two apps come with an unchecked issue that can create a huge security nightmare if you have any malware or compromised apps installed on your device. Both apps are

currently not using Android's FLAG\_SECURE setting, which keeps other apps from taking screenshots. One two-factor authentication app that does not allow screenshots as it is working to protect you is called Authy. With Authy, you can also deploy the app on multiple devices and your 2FA codes will sync to multiple devices at once.



password procedures is no longer enough. Passwords can be seized by hackers through phishing attacks and data breaches. Remote workers from home often share devices with family members or houseguests. It is very important that those outside the company do not have access to company data. One way for a business owner to ensure that an employee does not leave company data open to others who may compromise the security is to require two-factor authentication to access company software and programs.

Using airport public wi-fi is one practice that we warn against. But as hackers and

**There are many 2FA solutions available and it can be confusing to choose which best fits your business or organization. For a free consultative call regarding 2FA, please email us at**

**[sborlaug@capstoneitservices.com](mailto:sborlaug@capstoneitservices.com)**

**or call us**

**561.257.1879**

## OUR SERVICE GUARANTEE

**100% Money Back Guarantee**

## Bryan's Shiny New Gadget Of The Quarter



**Philips Somneo Sleep and Wake-up Light**

The Philips Somneo is an elegant and feature-packed sleep and wake-up light with life-altering powers. The light is clinically proven to improve sleep and help users feel more refreshed when they wake up.

The Somneo can simulate a natural sunrise and sunset, play a plethora of soothing sounds, and even charge a smartphone via a built-in USB port. We like the touch-screen interface of the lamp — it's incredibly intuitive to use.



Bryan McAninley  
COO, Capstone IT

# Giving Back in 2019

Any IT company can fix your computer problems, but it is the highly-responsive, empathetic customer service that sets us apart from others and it is that company culture that also drives us to go “beyond IT.” Going “beyond IT” for us means to intentionally get involved by way of volunteering, charitable giving and joining forces with other organizations to do good within our community. The Capstone IT team is dedicated to giving time and resources to our local organizations that serve the community.

Last year, Capstone IT’s focus was in Martin County as Mike serves on the board of the United Way of Martin County and I am a member of Leaders United. It is important to get our whole family involved in serving, so we even bring our two boys along on any volunteer opportunities.



Last December, I saw teams of employees come out to the Martin County Fairgrounds to serve at the United Way Holiday Project. Local businesses had collected boxes of unwrapped toys. Then, United Way employees picked up the toys and brought them to be sorted. The effort to sort and display age and gender appropriate toys took over two thousand hours and over four hundred volunteers. It was exciting to think of how many children and families would have a brighter holiday because of this effort.

As you think about 2020 and how and what you will give as a business or even personally, please consider giving through the United Way. They are experts at distributing funds throughout each county that they serve

and getting resources to the right organizations and the families most in need.

-Sara Borlaug, Marketing Manager

**“Effective leaders don’t gather things just for themselves; they do it in order to give to others.”**

-John Maxwell

**UNITED WAY HOLIDAY PROJECT**  
IN 2019, WE PROVIDED

- 2,080 CHILDREN** and **868 FAMILIES**
- 11,373 TOYS** including **316 BIKES**
- 35,912 POUNDS OF FOOD** and **850 TURKEYS**
- 427 VOLUNTEERS** who gave their time totaling **2,287 HOURS**

www.unitedwaymartin.org

**Join the Capstone IT team at the United Way event, Tiki's on the Terrace Friday, March 27th.**

**Buy tickets at**

<https://www.unitedwaymartin.org/TIKI>

*“Capstone IT basically has reinvented the way our organization works. They were more than competitive in their pricing and never flinched when asked to do that “one more thing”. I have been doing this for a long time and recognize their knowledge and willingness to get the job done. I would recommend them over any of the other vendors in our area.”*

**Roger B.**

*“Capstone IT techs are the best. Mike & Bryan were great taking a load of pressure off me in the transitioning from our previous IT, assisting with implementing our new phone system, firewalls and a guide in planning for other technical upgrades. We have 3 locations that are currently engaged in with various tech projects. The Capstone team is professional, communicate efficiently, reliable, easy to work with & have techs available to assist in whatever it takes to get the job done. I highly recommend Capstone IT.”*



**Nancy N.**





601 Heritage Dr., #219 | Jupiter | FL 33458

## Win a \$25 Amazon Gift Card

### Michael Borlaug as Your Next Event Speaker

As a professional speaker, Michael has presented at events such as local chambers, associations, educational institutions, and businesses. He is an expert on cyber security. He speaks on practical ways business owners and employees can protect their company from cyber criminals. Other speaking topics include business, sales and marketing, motivational and technical presentations.

Topics include:

- ✓ Cyber Security—How to Protect Yourself and Your Business
- ✓ Components of a Great Employee Security Awareness Training
- ✓ Apps for Mobile Devices of Professionals



<https://www.capstoneitservices.com/michael-borlaug/>

### Best Practices for Creating Quality Passwords

- ✓ The Longer, the Better
- ✓ Use Upper and Lower Case Letters
- ✓ Mix in Some Punctuation
- ✓ Create a Phrase
- ✓ Change Passwords Often
- ✓ Do Not Use the Same Password for Multiple Accounts
- ✓ Do Not Use Personal Information like Kids' Names and Birthdates, Pets' Names
- ✓ Do Not Keep Passwords Listed on a Sticky Note Under Your Keyboard
- ✓ Store Passwords in a Secure Program
- ✓ Use Two-Factor Authentication



**"My password is 'again'. Whenever I forget my password, the computer message says 'Try again'."**



Follow us on Capstone IT Linked In page by April 15th and check our posts for the trivia question that is posted. I will display an email where you can submit your answer along with the question and answer choices. Submit your answer and your name will be entered in a drawing to receive the \$25 Amazon gift card.



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