

Jackson Technologies

7-Point Cyber Health Checklist

Use this quick checklist with your team or office manager to ensure your organization is following basic cybersecurity hygiene.

1. Multi-Factor Authentication (MFA)

Is MFA enabled on email, Microsoft 365, banking, or key apps?

2. Automated Backups

Are daily, secure, and tested backups in place?

3. Antivirus/EDR

Is threat detection active on all devices?

4. Software Patching

Are Windows/macOS/3rd-party apps updated?

5. Phishing Training

Has the team completed training in the past 12 months?

6. Firewall/Wi-Fi Security

Is your firewall updated and guest Wi-Fi segmented?

7. Cyber Insurance

Do you have a policy with coverage based on compliance?

Need Help? Schedule a Free Cybersecurity Consultation!

Our team at Jackson Technologies can help you identify risks, fix weaknesses, and ensure your business stays secure.