



If your phone got stolen, would your accounts be safe? 10 checks

Tick each one. Sources at the bottom: NIST, CISA and Google.

Check	In SyncPass
☐ 1 A different password for every account One breach stays one breach; let a password manager do the remembering. [CISA]	Security score shows reused passwords
☐ 2 At least 15 characters Length beats complicated rules; a few words in a row works. [NIST]	Password generator
☐ 3 Two-step verification on email and banking A stolen password alone won't get in. [CISA]	2FA codes (Premium)
☐ 4 An app or a passkey instead of SMS, where you can NIST lists SMS as a "restricted" method. [NIST]	Passkeys; 2FA codes (Premium)
☐ 5 Keep recovery codes somewhere safe They're your way back in if you lose the phone. Print them and keep them safe. [Google]	Secure note
☐ 6 Recovery email and phone up to date Pick an address you use often, other than your sign-in email; a new recovery number can take up to 7 days to take effect, so do it now. [Google]	
☐ 7 Screen lock and remote find/lock/erase turned on, before the phone goes missing [Google]	Vault locks when you leave the app
☐ 8 Automatic updates Security fixes ship in updates. [CISA]	
☐ 9 Is your password in a breach? Change leaked ones right away; NIST asks for new passwords to be checked against breach lists. [NIST]	Breach check (Premium); only the first 5 characters of a hash leave the phone
☐ 10 Never type a password into a page you reached from a link Type the address yourself or open the app; report suspicious messages. [CISA]	Autofill only suggests on the matching site

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Sources (accessed 19 Oct 2026)

1. NIST SP 800-63B-4, Digital Identity Guidelines: Authentication · pages.nist.gov/800-63-4/sp800-63b.html
2. CISA, Secure Our World · www.cisa.gov/secure-our-world
3. Google Account Help, recovery options · support.google.com/accounts/answer/183723?hl=en
4. Android Help, find, lock or erase a lost Android device · support.google.com/android/answer/6160491?hl=en
5. Google Account Help, sign in with backup codes · support.google.com/accounts/answer/1187538?hl=en