UMA | ULTIMATE MEDICAL ACADEMY ®

Be cyber safe.
Strengthen your password.

Together, we can play a role in keeping your work and other sensitive material safe. Ultimate Medical Academy has set high standards for cybersecurity. Do your part by making sure your new password meets those requirements.

Did you know?

A password that is 10 characters or less and contains only numbers isn't considered strong enough to ward off security threats. Even with a combination of letters, numbers and symbols, a longer password, made up of multiple, random characters or phrases can provide greater security.

UMA takes your cybersecurity seriously.

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	1 second	5 seconds
7	Instantly	Instantly	25 seconds	1 minute	6 minutes
8	Instantly	5 seconds	22 minutes	1 hour	8 hours
9	Instantly	2 minutes	19 hours	3 days	3 weeks
10	Instantly	58 minutes	1 month	7 months	5 years
11	2 seconds	1 day	5 years	41 years	400 years
12	25 seconds	3 weeks	300 years	2k years	34k years
13	4 minutes	1 year	16k years	100k years	2m years
14	41 minutes	51 years	800k years	9m years	200m years
15	6 hours	1k years	43m years	600m years	15bn years
16	2 days	34k years	2bn years	37bn years	1tn years
17	4 weeks	800k years	100bn years	2 tn years	93tn years
18	9 months	23m years	6tn years	100 tn years	7qd years

✓ Strong Passwords

> A minimum of 8 characters

> Capital and lowercase letters

> At least one special character like @ & ^ % $ *!

✕ Weak Passwords

> A word and series of sequential numbers like Medical1234

> Too short: letmein

> One-word passwords like "Recreation#"

> Ones that replace letters with special characters like "C@t$andDog$"

TIP: Consider making your password a phrase such as MyYellowCatLikesCatnip! — longer passwords like this help deter hackers and can ensure your continued access to the Puma Den.

Example:
Rejected: U1tim@teMedic@l12
Accepted: UltimateMedicalf9!

Achieving cyber safety together.

Let's do our part to keep our data as secure as we can. Strengthen your password today.
If you have any questions or need help, please reach out to Learner Services at **888-216-1667**.