# MetaCompliance®

| ❌ | Veganism |
| ❌ | Pointless Meetings |
| ❌ | Selfies |
| ✅ | Cyber Security |

Some things you can safely opt out of.

Not **Cyber Security**.

- Use strong, unique passwords
- Keep software up to date
- Use Multi-Factor Authentication
- Avoid clicking on links or attachments in suspicious emails

Our daily lives are conducted **online** more than ever before, and **we are all at risk** from cyber criminals. From financial fraud to identity theft, the consequences of a cyber attack can be **devastating**. Don't wait until it's too late – take action now to **protect yourself and your data**.

Find out how we can help. Visit us at **www.metacompliance.com**