



Never use your VUMC email address externally

Advancements in technology and communications have made all of us readily available to not only family and friends, but also strangers and marketers.

Nearly all applications or services that we enjoy online require that we create an account with the provider. Creating an account usually requires that you provide an email address. Typically, in the fine print of the agreement (that we all accept but never read) you are allowing this company to sell your email address to other companies who will then contact you.

A barrage of unsolicited messages – junk mail – is exactly what bad actors count on to desensitize you to receiving and interacting with malicious content.

Guard your email address like you would your physical home address and be cautious as to whom you provide it. It is convenient to have more than one email address, one for commercial and marketing purposes and another for professional purposes such as work or school. **Never use your professional email address to purchase something online or create a social media account.**

One of the simplest ways to protect yourself when you receive a suspicious email is to ask, "Did I ask for this?" If not, delete the message.

To report potentially malicious or suspicious emails, please forward them to **phishing@vumc.org**.

Where can I go to find out more easy tips?

- Find out more about Got I.T.! at <https://www.vumc.org/it/got-it>
- Have a Got I.T.! tip? Share it with your peers at vumcit.communications@vumc.org.