

Finding and using a password manager



What is a password manager and how does it work?

A password manager is like a digital notebook that stores all your usernames and passwords. It's an app that you can use on your phone, tablet, or computer. Some password managers can also create strong and secure passwords for you, so you don't have to think of one yourself.

Using a password manager can make your online life easier and more secure, so you can enjoy using the internet without worrying about remembering login details.



How to use a password manager

Step 1: Download a password manager

To start using a password manager, you first need to download one. There are many different password managers available. You can download password manager apps on the Google Play Store, the Apple App Store, or on your internet browser by searching for 'password manager'.

Step 2: Create a master password

Once you've downloaded the password manager, you need to create a 'master password'. This is the password that you'll use to login to your password manager.

It's important to choose a strong and unique password that you can remember. You should avoid using common words or phrases, and instead use a combination of upper and lower case letters, numbers, and symbols.

Step 3: Save your first password

Now that you have your password manager and 'master password' set up, it's time to save your first password. When you visit a website and enter your username and password, the password manager will ask if you want to save this information. Click "Yes" to save the password to your password manager.

Step 4: Use your password manager to fill in passwords

The next time you visit that website, the password manager will automatically fill in your login information for you. This means you don't have to remember your password anymore.

You can also use your password manager to generate new, strong passwords when you need to create a new account. This feature will pop up on your screen when creating a new account.

Google Chrome password manager

Google Password Manager is a free function of the Google Chrome search engine. To use it, you will need to have a Google email account and be signed in on your browser or device. It can store your login information across your devices that are logged into your Google account.

Here is how to save a password using the Google Chrome password manager:

- If you enter a new password on a site, Chrome will ask if you would like it to save it. To accept, click 'Save'.
- The Google Chrome password manager can also suggest a strong secure password for you when creating a new account. Click 'Yes' if this prompt appears to use this feature. You can see the password that will be saved by clicking 'Preview'.
- If you want to save a different password, click the text box next to 'Password'. Enter the password you want saved.

CONTACT US

Website: liveup.org.au

Email: communities@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.