## Passwords

You are given a temporary password for your first log on to REDCap. After logging in, you are required to create a unique, personal password. Your personal password should be difficult to guess and known only to you.

## Good Practice

- Minimum length should be at least 12 characters
- Must contain both upper and lowercase characters
- Must not have 5 consecutive characters from your username
- Must not contain 5 consecutive characters from your old password
- Minimum number of numerals to include "1"

