

Guidelines for your myeHealth Password

Protecting Information in the eHR Viewer

- ◇ Don't share your password with anyone
- ◇ Don't write down your password
- ◇ Passwords will expire every 90 days
- ◇ You cannot reuse any of the previous 4 passwords

Password Guidelines

- ◇ Passwords need to be between 8 and 16 characters long
- ◇ Must contain 3 of the following:
 - letter
 - 1 uppercase
 - 1 number
- ◇ You cannot use the same character more than 3 times in a row

Incorporate a series to help you to easily remember your passwords

Examples of Password Series

(1 uppercase, 1 lower case, 1 number)

- | | |
|-------------|-------------|
| • Training1 | • Train1ing |
| • Training2 | • Train2ing |
| • Training3 | • Train3ing |
| • Training4 | • Train4ing |
| • Training5 | • Train5ing |

Good

Better

(1 uppercase, 1 lower case, 1 special character)

- | | |
|---------------|---------------|
| • !Superstar | • supeR!star |
| • @Superstar | • supeR@star |
| • #Superstar | • supeR#star |
| • \$Superstar | • supeR\$star |
| • %Superstar | • supeR%star |

Good

Better

Resetting Your myeHealth Password

4. Choose and confirm a new password following the requirements as listed on the page.

The screenshot shows the 'Reset Password' page on the myeHealth Saskatchewan website. The page has a navigation bar with the myeHealth logo and 'Support - eHealth Saskatchewan'. Below the navigation bar, there are three tabs: 'Username', 'Answer Security Questions', and 'Reset Password', with 'Reset Password' being the active tab. The main content area is titled 'Reset Password' and includes a sub-header 'I want to:' with links for 'Reset my Password' and 'Retrieve my user ID'. There is a section 'Already tried the above?' with a link to 'Contact the service desk'. The password reset form consists of three input fields: 'New Password', 'Confirm Password', and 'Strength'. The 'Strength' indicator is currently 'Fail'. To the right of the form, there is a box listing password requirements: 'Password must meet the following requirements: Between 8 to 16 letters long, Cannot contain your first name, last name or email address, Cannot contain the same character more than 3 times in a row. Password must contain three of these four rules: Lower case letter (a-z), Upper case letter (A-Z), Number (0-9), Special character (e.g. # \$)'. A 'Submit' button is at the bottom of the form.

5. The strength indicator will turn green when your password meets the requirements. Click 'submit'.

This screenshot shows the same 'Reset Password' page as the previous one, but the password requirements are now met. The 'Strength' indicator has turned green and is labeled 'Strong!'. The password requirements box now shows green checkmarks for all four rules: 'Between 8 to 16 letters long', 'Cannot contain your first name, last name or email address', 'Cannot contain the same character more than 3 times in a row', and 'Password must contain three of these four rules: Lower case letter (a-z), Upper case letter (A-Z), Number (0-9), Special character (e.g. # \$)'. The 'Submit' button remains at the bottom.