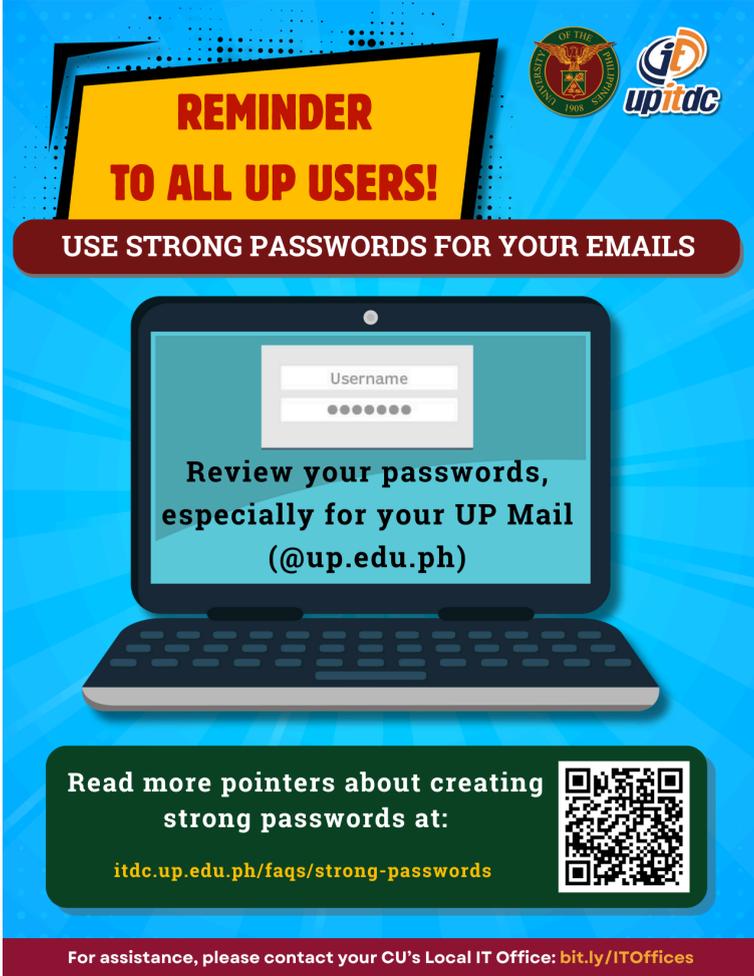




**REMINDER: Use Strong Passwords for UP Mail Accounts**

March 6, 2026



The graphic features a blue background with a yellow banner at the top left that reads "REMINDER TO ALL UP USERS!". Below this is a dark red banner with the text "USE STRONG PASSWORDS FOR YOUR EMAILS". In the center is an illustration of a laptop displaying a login form with fields for "Username" and a password field with six dots. Below the laptop, a green box contains the text "Read more pointers about creating strong passwords at:" followed by the URL [itdc.up.edu.ph/faqs/strong-passwords](http://itdc.up.edu.ph/faqs/strong-passwords) and a QR code. At the bottom, a dark red banner provides contact information: "For assistance, please contact your CU's Local IT Office: [bit.ly/ITOffices](http://bit.ly/ITOffices)". Logos for the University of the Philippines and upitdc are in the top right corner.

To UP Users,

We strongly remind and encourage all users to review the passwords they are using, especially for their UP Mail accounts.

Below are some pointers and recommendations to guide you on how you should create and use your passwords.

1. Minimum of sixteen (16) random characters (letters, numbers, and symbols) or four (4) random, non-common words for passwords.

2. Minimum of six (6) Alphanumeric characters in a passcode for your mobile phone or tablet. Avoid using numeric passcodes with 4-6 digits.



3. Enable Multi-factor Authentication (MFA). Avoid using SMS-based MFA whenever possible. Users are encouraged to download, install, and use an authenticator application, such as the **Google Authenticator mobile app**. This will allow you to perform the **2-step-verification** when you sign in to your UP Mail account (@up.edu.ph). Using Passkey and/or hardware-based MFA (e.g. Yubikeys) is also recommended.

To use 2-Step-Verification in your UP Mail, see the steps at:

[support.google.com/accounts/answer/185839](https://support.google.com/accounts/answer/185839)

To use Google Authenticator, see the steps at: [support.google.com/accounts/answer/1066447](https://support.google.com/accounts/answer/1066447)

To enable and sign in your UP Mail using a Passkey, see the steps at:

[support.google.com/accounts/answer/13548313](https://support.google.com/accounts/answer/13548313)

To enable and use hardware-based MFA via security keys, see the steps at:

[support.google.com/accounts/answer/6103523](https://support.google.com/accounts/answer/6103523)

4. Do not reuse your passwords. Each of your accounts must have a unique, different password.

5. It is advisable to use a password manager software, such as Bitwarden, 1Password, ProtonPass, and iCloud Keychain Password.

6. Regularly check [haveibeenpwned.com](https://haveibeenpwned.com) to ensure that your accounts are not in the database of compromised email and passwords. “[haveibeenpwned.com](https://haveibeenpwned.com)” is a reliable website that allows you to search their database to check if your email address has been compromised.

For UP Mail, please make sure that you have a recovery email set to allow you to use self-service password reset: [support.google.com/accounts/answer/183723](https://support.google.com/accounts/answer/183723)

You can change your UP Mail password by following the steps found in this link:

[support.google.com/mail/answer/41078](https://support.google.com/mail/answer/41078)

If you need further assistance, please contact the local IT office of your campus/constituent university (CU). You can find their contact information here: [itdc.up.edu.ph/contact-us#cu-it-support](https://itdc.up.edu.ph/contact-us#cu-it-support)

For your information and guidance.