Here’s an Identity Theft preventative steps sent by CIGNA.

**Contact your financial institutions and creditors.**

Speak with the fraud department and explain that someone has stolen your identity.

1. **Check your credit reports and place a fraud alert on your file.**

Initiate a fraud alert by contacting one of the three credit bureaus. When you contact one credit bureau, the other two bureaus are notified automatically.

* + [**Experian**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.emcom.bankofamerica.com%2Fu%2F%3Fqs%3D6fcab21ea2101ef73b15dea7393966d488ddf3683632f86d3d77bc8cc7396946583fb0409154b43f12951aac8e2f41ffda31d18e639c26f832dc915dbcfae0df&data=04%7C01%7CkWALZAK%40wrec.net%7C7746af71fb9245967d1408d8cf7a3b5c%7C54c0c6b82f5e4912a2c848f08f18c1c4%7C0%7C0%7C637487471188471988%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=OZoQDBkVbVmbiBNTYD4HmCVUMKzy1D9L%2FwV8PtAdKdY%3D&reserved=0): [**888.397.3742**](tel:1-888-397-3742) or experian.com
  + [**TransUnion**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.emcom.bankofamerica.com%2Fu%2F%3Fqs%3D6fcab21ea2101ef7eeff3745dc5d3d782e6fbe6f1112d9eaa3e885e712e64d8e64807b0ec361ea6a8b6fc276851bbfb0e34d9fad23f562e70a87aef1e07e28e3&data=04%7C01%7CkWALZAK%40wrec.net%7C7746af71fb9245967d1408d8cf7a3b5c%7C54c0c6b82f5e4912a2c848f08f18c1c4%7C0%7C0%7C637487471188481985%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Y1gTYCBui5rNDNVvtJNtnGjhCEjUSZgpfA46kRo18XY%3D&reserved=0): [**800.680.7289**](tel:1-800-680-7289) or transunion.com
  + [**Equifax**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.emcom.bankofamerica.com%2Fu%2F%3Fqs%3D6fcab21ea2101ef7b3e93582ba4895ae70697b88373b0ebdecc8bee6ebc1daeb88491c65e47712aeb1be91a989700fe3e586adeb6466c4582d3cafaf60037ff3&data=04%7C01%7CkWALZAK%40wrec.net%7C7746af71fb9245967d1408d8cf7a3b5c%7C54c0c6b82f5e4912a2c848f08f18c1c4%7C0%7C0%7C637487471188481985%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=ToQ2idvlPyImKP0QvI2%2BAOsjn5pCLZFkDPjpmgL2N%2Bc%3D&reserved=0): [**888.766.0008**](tel:1-888-766-0008) or equifax.com

1. **File an identity theft report and retain it for your records.**
   * Complete a report online at the [**Federal Trade Commission (FTC) website**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.emcom.bankofamerica.com%2Fu%2F%3Fqs%3D6fcab21ea2101ef7a2c587a3856bf84851f9b62c094746c8fb5f757f2a3b5162f153c4b9f68aef315da7851108eee46ae75da81ec3d7ed0aa8bb9a9f4db37e68&data=04%7C01%7CkWALZAK%40wrec.net%7C7746af71fb9245967d1408d8cf7a3b5c%7C54c0c6b82f5e4912a2c848f08f18c1c4%7C0%7C0%7C637487471188491976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=aslzLnsg2ABGNEpHyhL2ELg46Seyj%2Ba0SsiPlUohFS8%3D&reserved=0) or call [**877.438.4338**](tel:1-877-438-4338).
   * Contact your local law enforcement to report the crime.
2. **Protect your computer against malware or malicious software.**
   * Download and install security software that updates automatically from a reputable company you trust.
   * Make sure to change your online login credentials, passwords and PINs.