How to choose a new password?

Rules that a password must follow

- It cannot be too short. It must have **8 characters minimum and 16 maximum**.
- It cannot be "based" on a dictionary word (Spanish, Catalan, English, French, German).
- It must have at least **5 different characters**.
- It should not be too "simple" or "repetitive".
- It should not be the same as the user.
- It cannot be the same as the previous one.

Password suggestions

If you click on the "questions" that the form shows you will get a list of suggestions for pronounceable passwords, easy to remember.

Note that a suggestion is not necessarily a valid or recommended password.

How to choose a secure password?

Think of a memorable phrase, such as:

"It's easier to believe than to think."

Then, change it to an acronym (including punctuation).

```
emfcqp.
```

Add a bit of complexity by substituting letters by numbers or symbols in the acronym. For example,

```
3m7 @ qp.
```

Add a little more complexity by capitalizing at least one letter, such as M.

```
3M7 @ qp.
```

Symbols administered in the password

NOT VALUE: ` " ` % # > <

The admissible symbols in the passwords are: @ $ & ( ) =? ! + - . ; ` [ ] * | ñ