

Am I Hacked? 25-Point Self-Check

Run through this in 15 minutes. Tick what is done. Anything unticked is your to-do list. · Page 1 of 2

EMAIL (the master key)

- Searched my email on haveibeenpwned.com and reviewed every breach listed
- Subscribed to Have I Been Pwned breach notifications
- Ran Google Security Checkup (or my provider's security page) and removed unknown devices
- Checked Sent folder and Trash for emails I did not write
- Checked forwarding rules and filters, deleted anything I did not create
- Revoked third-party app access I no longer use

PASSWORDS & ACCOUNTS

- Email password is 16+ characters and used nowhere else
- Two-factor authentication is ON for email (authenticator app or passkey, not SMS)
- Installed a password manager and stopped reusing passwords
- Recovery email and phone number on all key accounts are mine and current
- Changed passwords on any account flagged in a breach

PHONE

- Reviewed all installed apps, removed anything I do not remember installing
- Checked battery and data usage for unknown apps draining in background
- No screen-sharing apps (AnyDesk, TeamViewer) installed unless I actively need them
- SIM lock / SIM PIN enabled to slow down SIM swap fraud
- Phone OS and apps updated within the last 30 days

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BROWSER & DEVICES

- Checked browser extensions, removed anything unknown or unused
- Reviewed saved passwords for breach warnings (Chrome/Safari flag these)
- Logged out of accounts on shared or public computers I have used
- Computer has disk encryption and a login password enabled

MONEY & UPI

- UPI apps protected with app lock, separate from phone unlock
- Remember: entering a PIN is NEVER required to RECEIVE money
- Bank and UPI alerts go to an email/number I check daily
- Saved 1930 (cybercrime helpline) and my bank's fraud line in contacts
- Family members (especially parents) have seen this checklist

IF YOU FOUND SIGNS OF COMPROMISE

1. Change the password from a clean device
2. Sign out of all sessions
3. Turn on app-based 2FA
4. Verify recovery email & phone
5. Delete rogue forwarding rules/filters
6. Revoke unknown apps
7. Reset bank & UPI passwords next. Money stolen? Call 1930 within the first hour.

Full walkthrough: dharmendraasimi.com/blog/how-to-check-if-email-hacked-free-self-check