

# What are DrChrono's password requirements?

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DrChrono adheres strictly to password standards published by NIST ([Digital Identity Guidelines](#)).

The following requirements are used for DrChrono passwords:

1. A 16-character minimum and 64-character maximum length
2. The ability to use all special characters but no special requirement to use them
3. Three of the following criteria must be met:
  - at least one capital letter
  - at least one lowercase letter
  - at least one number
  - at least one special character
4. Passwords need to be changed at least every 90 days (the software will prompt on to change your password)
5. The same password may not be reused for at least five password change periods
6. Restrict sequential and repetitive characters (e.g. 12345 or aaaaaa)
7. Restrict context-specific passwords (e.g. the name of the site, etc.)
8. Restrict commonly used passwords (e.g. p@ssw0rd, etc.)

**Note:** The 16-character password minimum was implemented in accordance with industry best practices for the protection of your account, your data, your patient's data, and the DrChrono platform. Unfortunately, we are not able to offer exceptions to this update. In addition to a strong password, we recommend that you enable [two-factor authentication](#).

Your password should be easy to remember, but hard for others to guess. Longer is better. We also recommend using a password manager in order to better secure your passwords.

You can check the strength of your password [here](#).

You can also generate a random password [here](#).

Should you have additional questions, please reach out to [Customer Support](#).

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