

**Tech for Life:
A Guide for Elders**

乐龄科技：生活指南

**Teknologi untuk Kehidupan:
Panduan untuk Warga Emas**



Basic Cyber Hygiene & Security Tips

Cyber Hygiene in 3 easy steps

1



Use **STRONG** Passwords

- Upper and lower-case letters
- Numbers
- Special Characters (e.g. #, @, \$, %....)

2



Enable Multi-Factor Authentication (MFA)

MFA ensures that the account login is done only by you

3



Spot Signs of Impersonation

Be suspicious of fake voice calls, SMSes, Whatsapp messages or emails that ask you to click on a link

Cyber Security Tips



Do **NOT** share

- Personal details
- Passwords
- OTP



Update your **software** when prompted



Download apps from **official sources**



App Store



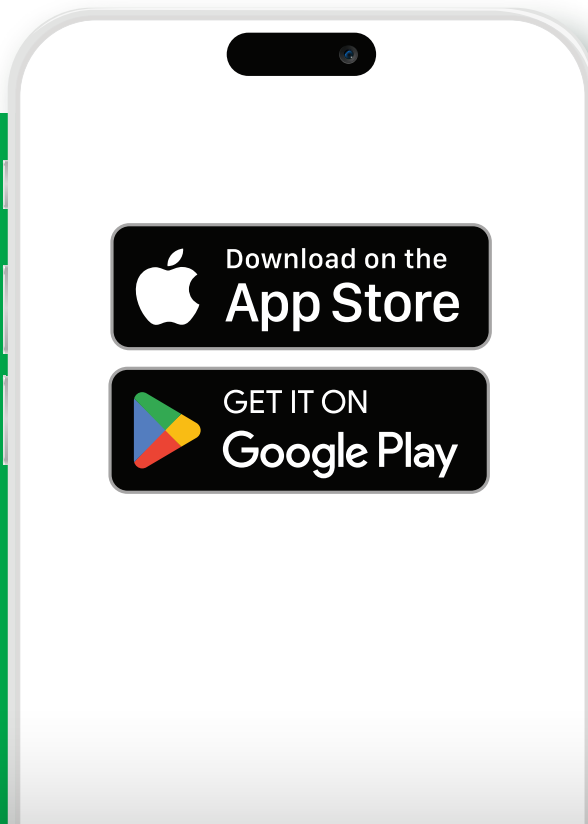
Play Store



Download the Grab App

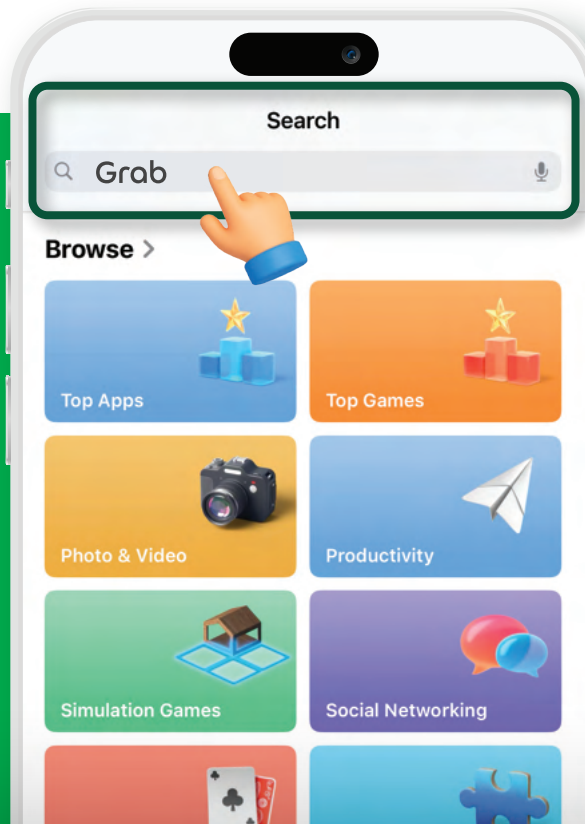
1

Tap Play Store
OR App Store



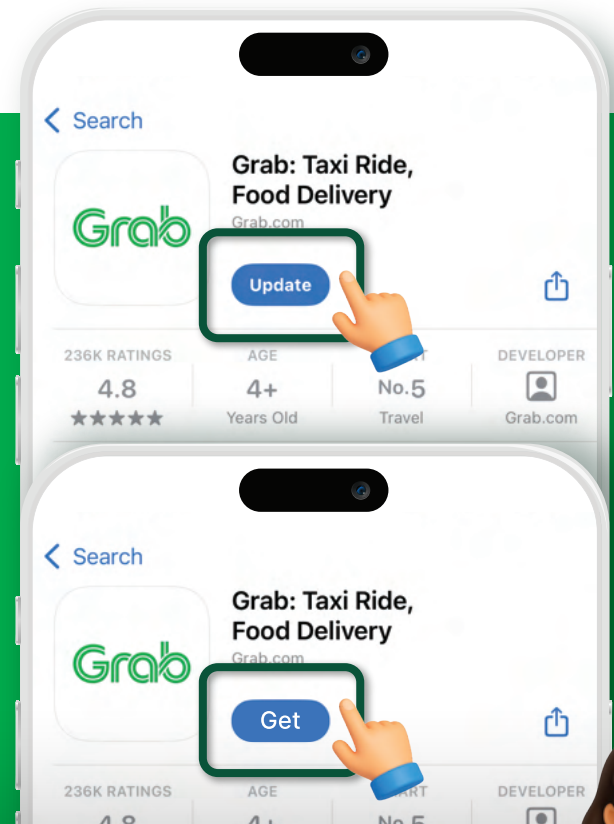
2

Enter 'Grab' in
the search bar



3

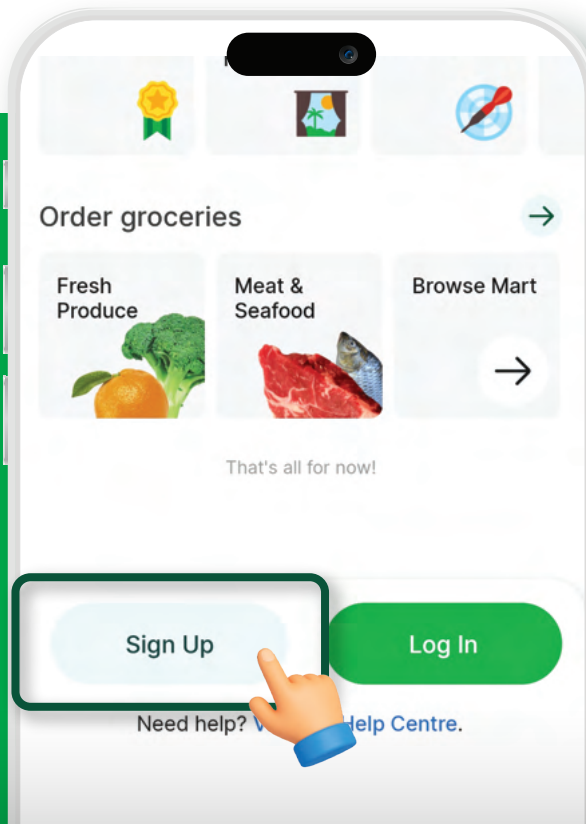
Tap 'Update' or 'Get'
to install the Grab app



Create an Account

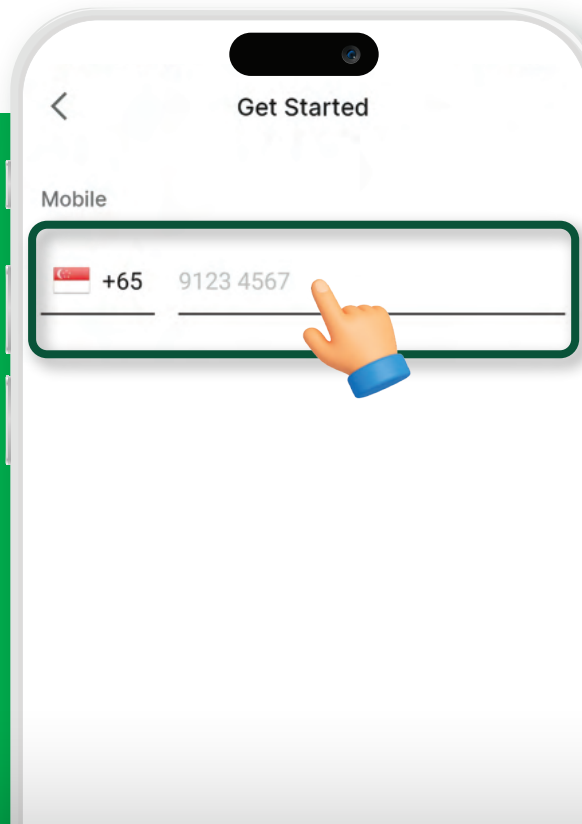
1

Tap
'Sign Up'



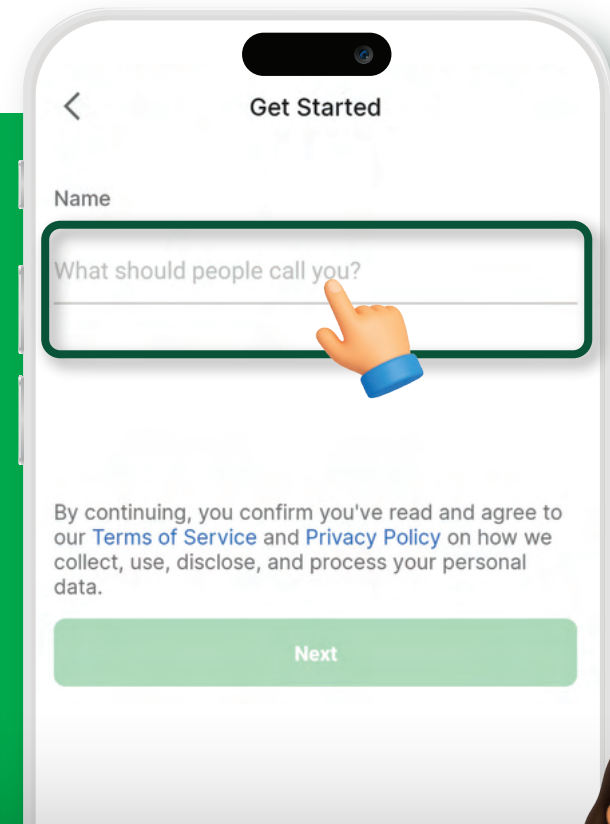
2

Enter your mobile
number and OTP



3

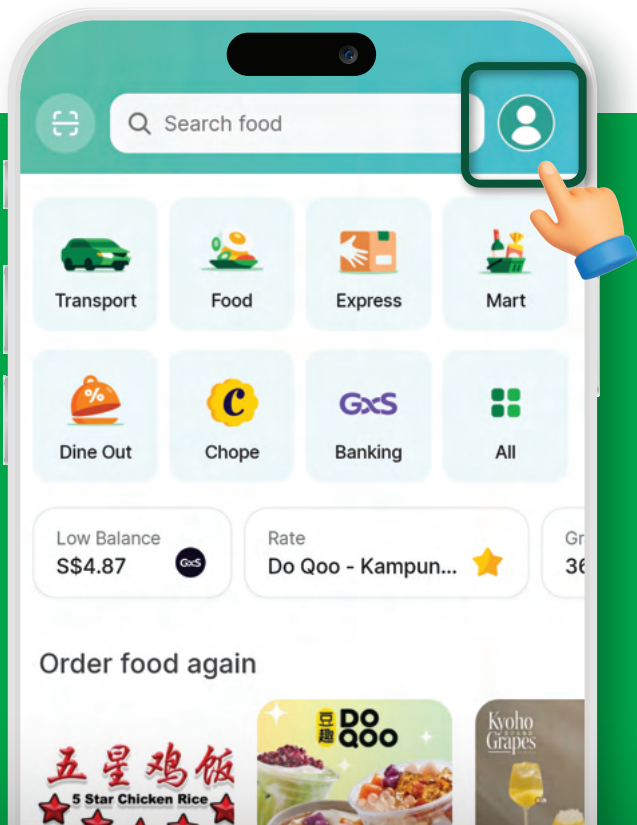
Enter your
preferred name



Adding a Mode of Payment

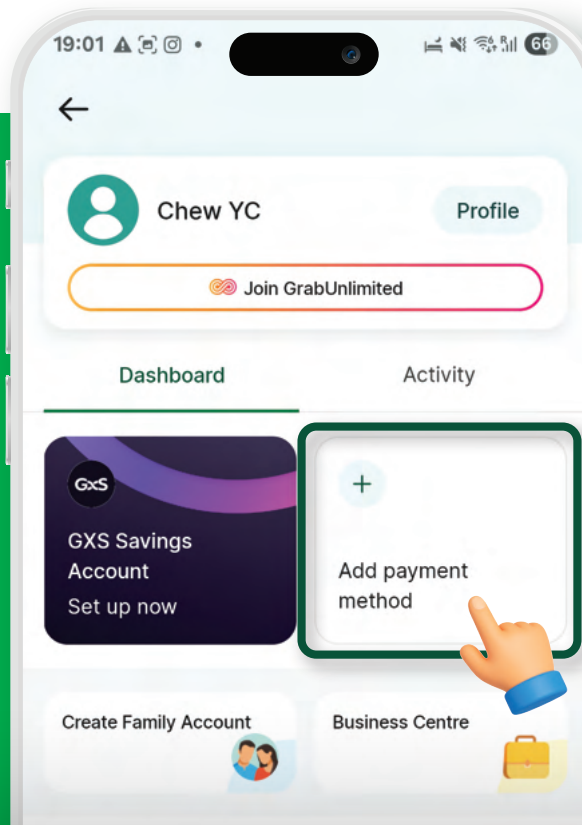
1

Tap on
'Profile'



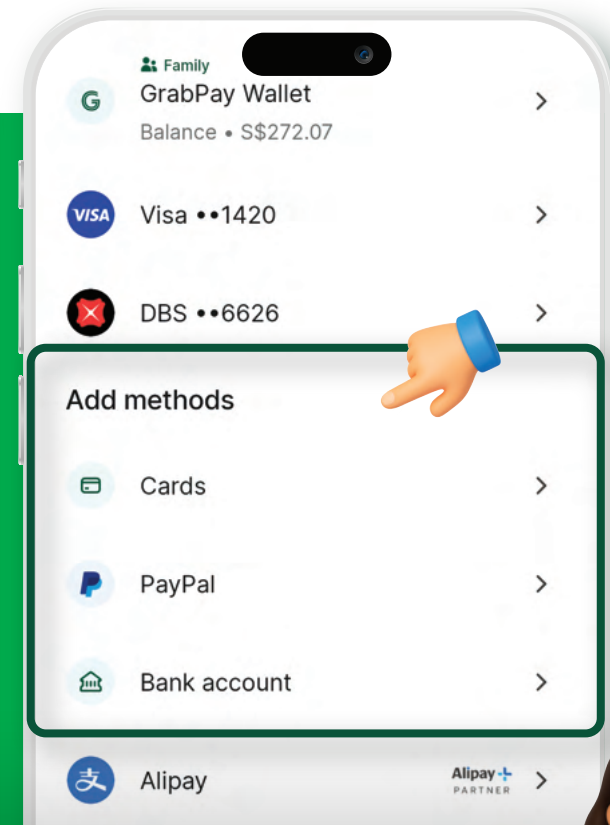
2

Tap on
'Add payment method'



3

Pick a
payment method



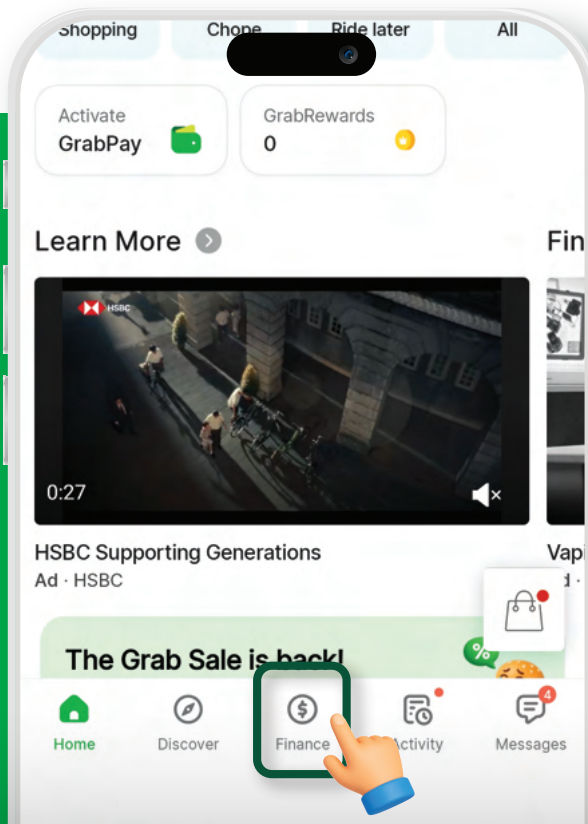
3



Top Up Wallet

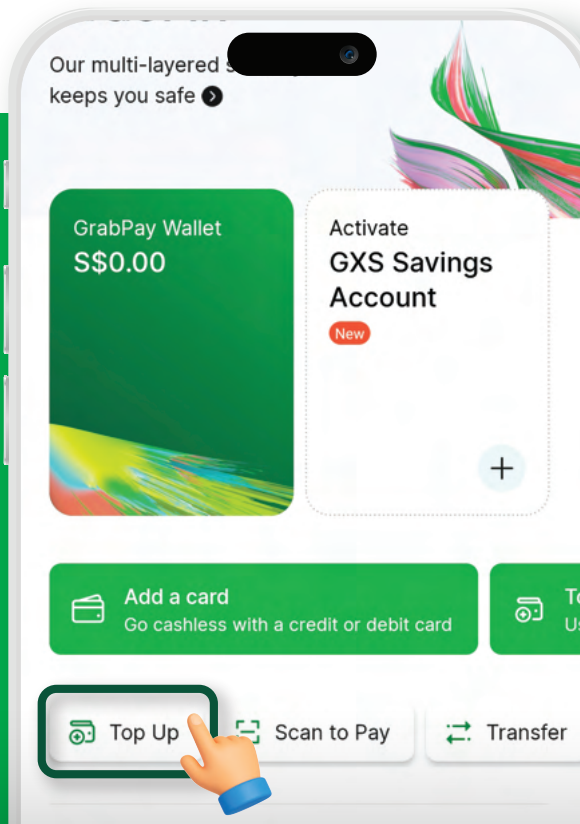
1

Tap on
'Finance'



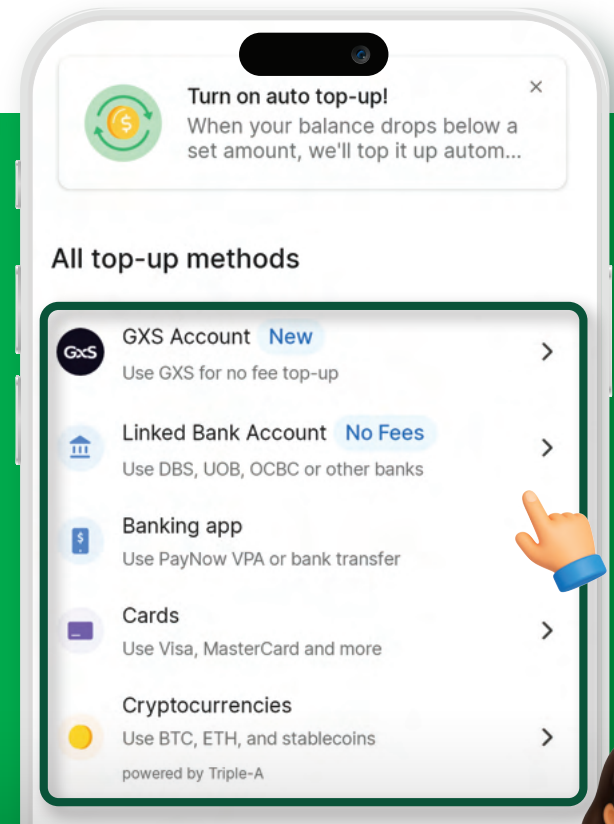
2

Tap on
'Top Up'



3

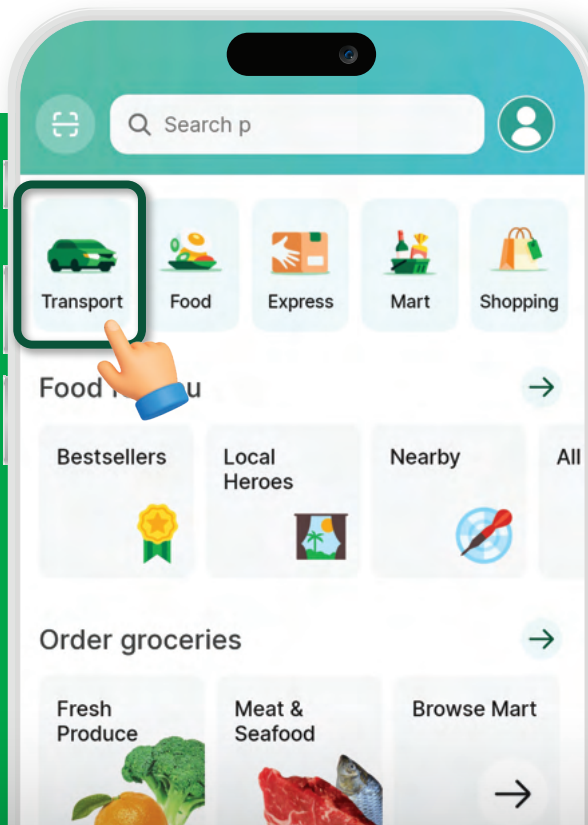
Tap on your preferred
top-up method



Saving your Addresses on Grab (Part 1)

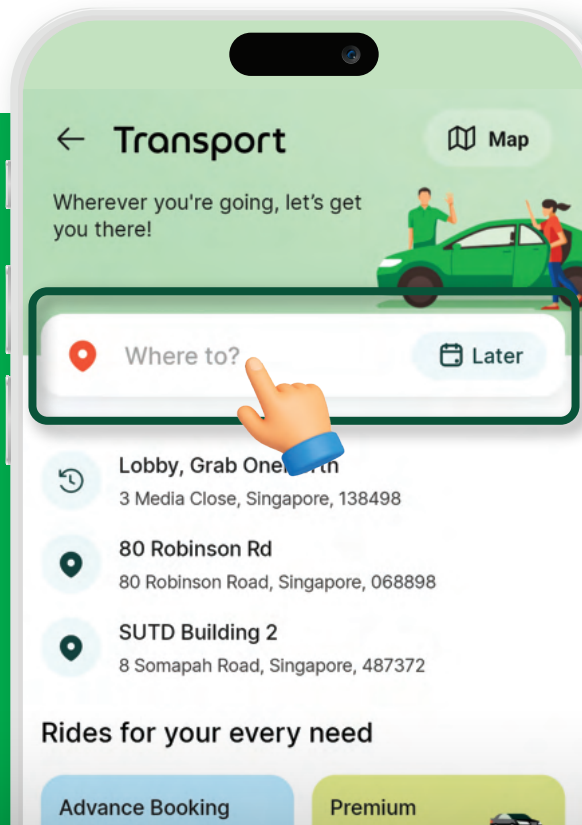
1

Tap on
'Transport'



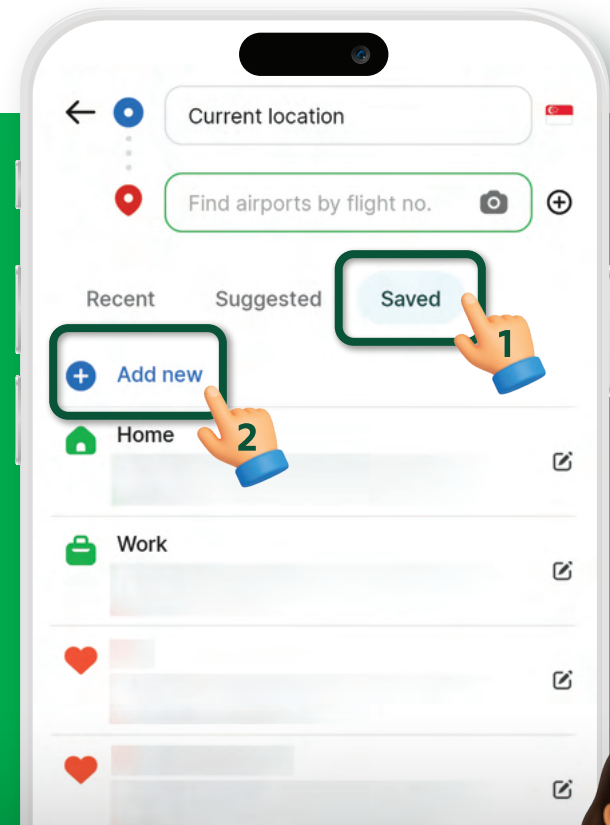
2

Tap on the
'Where to?' box



3

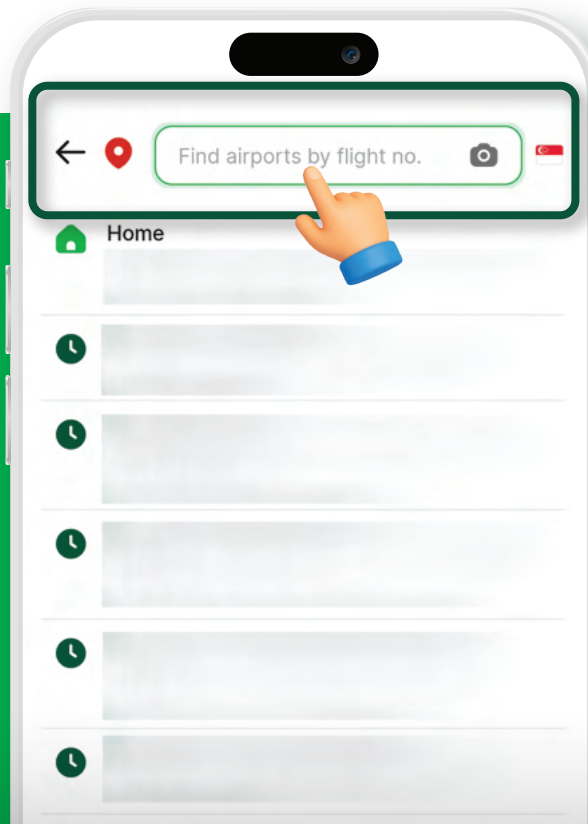
Tap on the
'Saved' & 'Add New'



Saving your Addresses on Grab (Part 2)

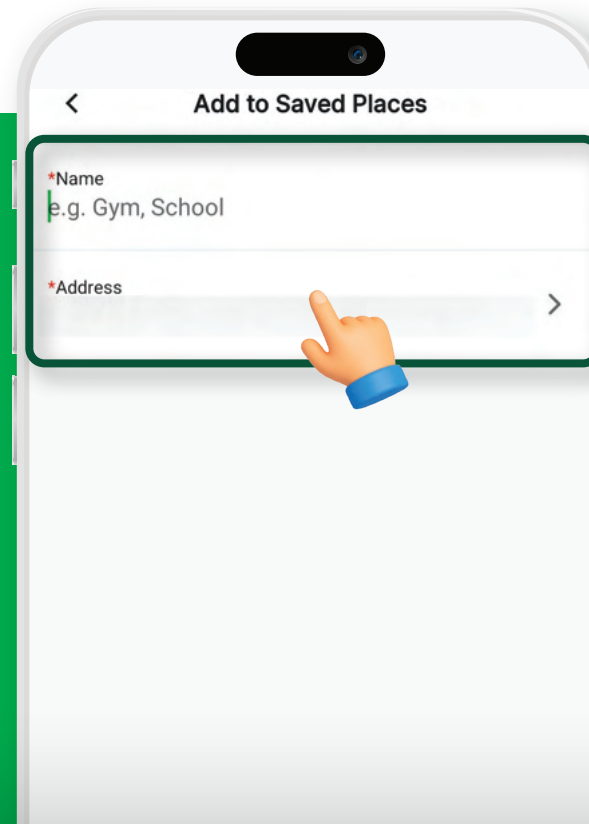
4

Input the postal code
& select address



5

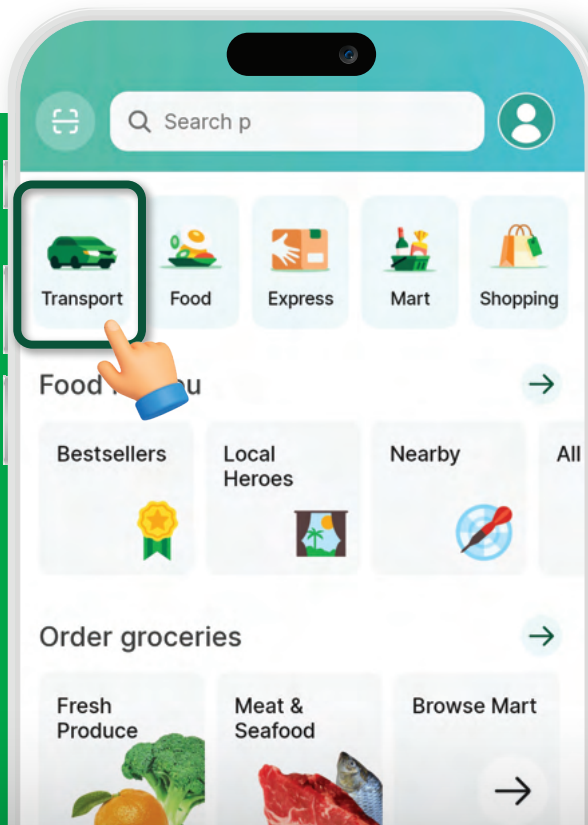
Input the name
& saved address



Booking a Ride (Part 1)

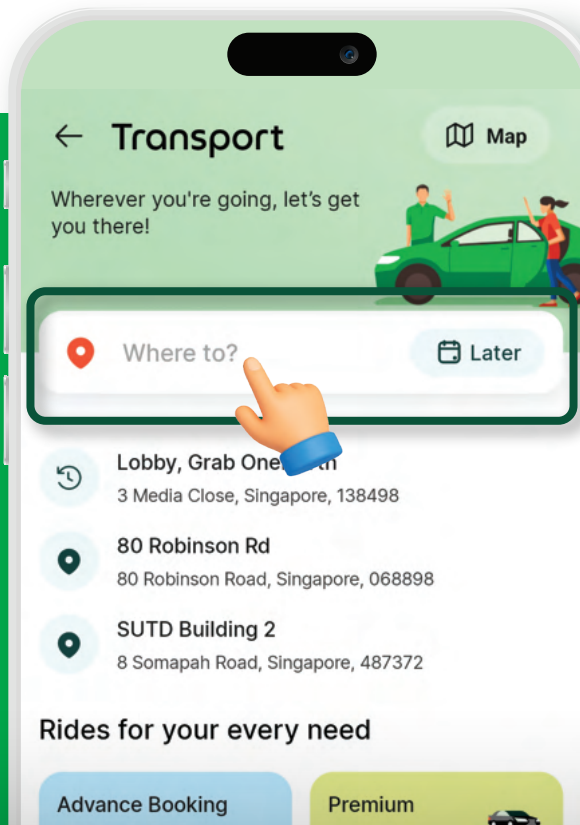
1

Tap on
'Transport'



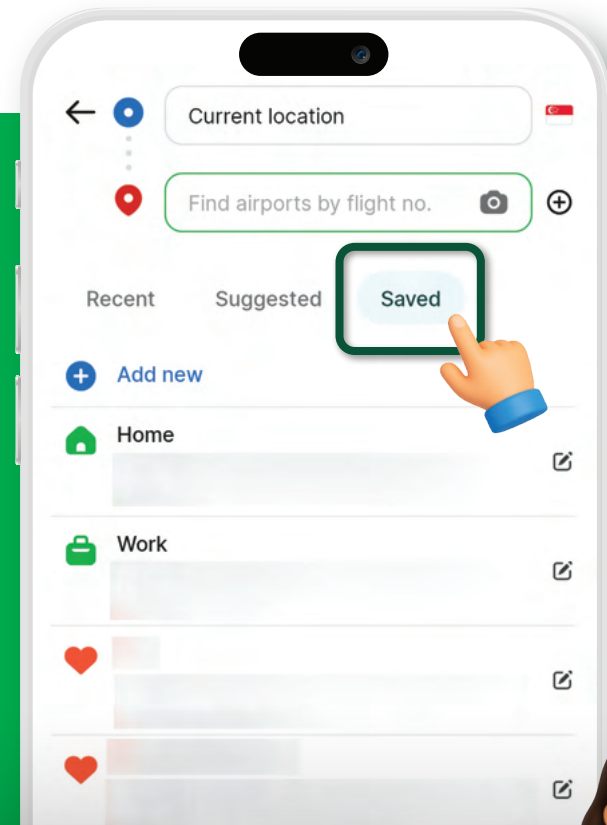
2

Tap on the
'Where to?' box



3

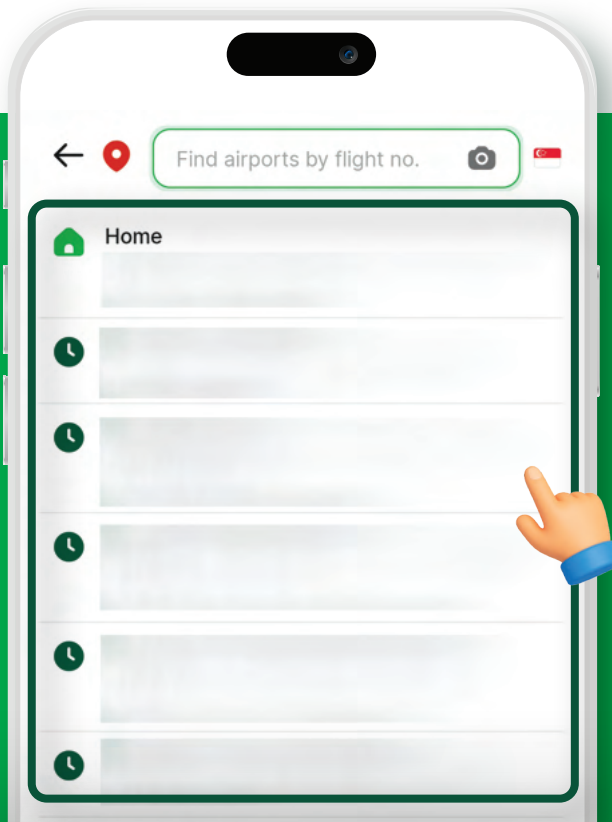
Tap on the
'Saved'



Booking a Ride (Part 2)

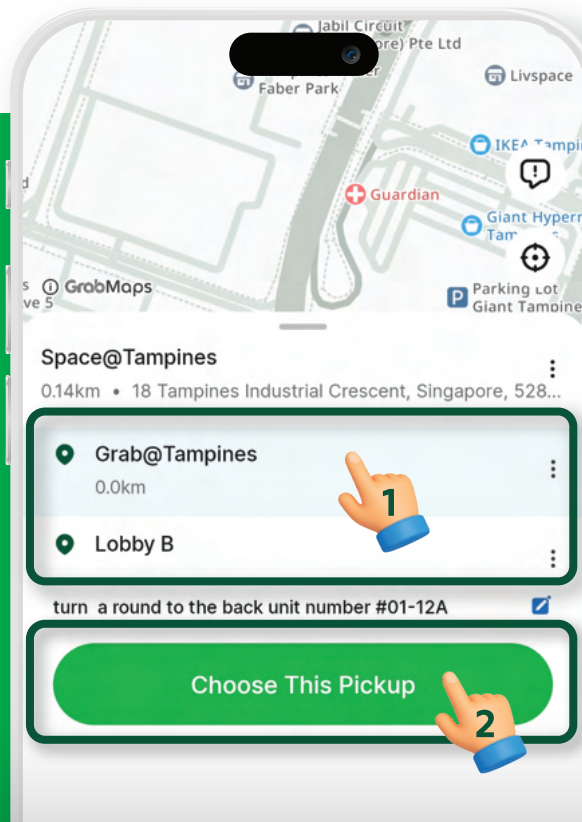
1

Select your destination



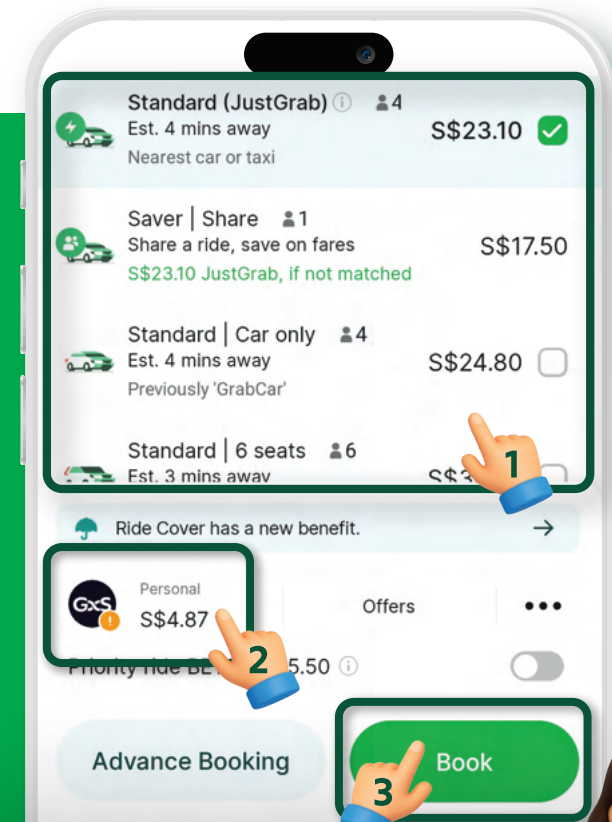
2

Select your pick-up point



3

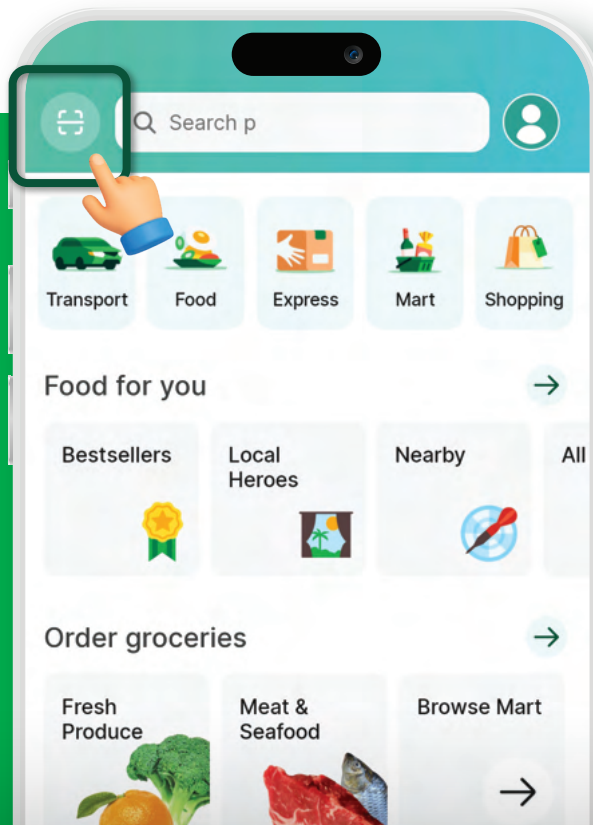
Select the ride type & payment mode



Scan & Pay

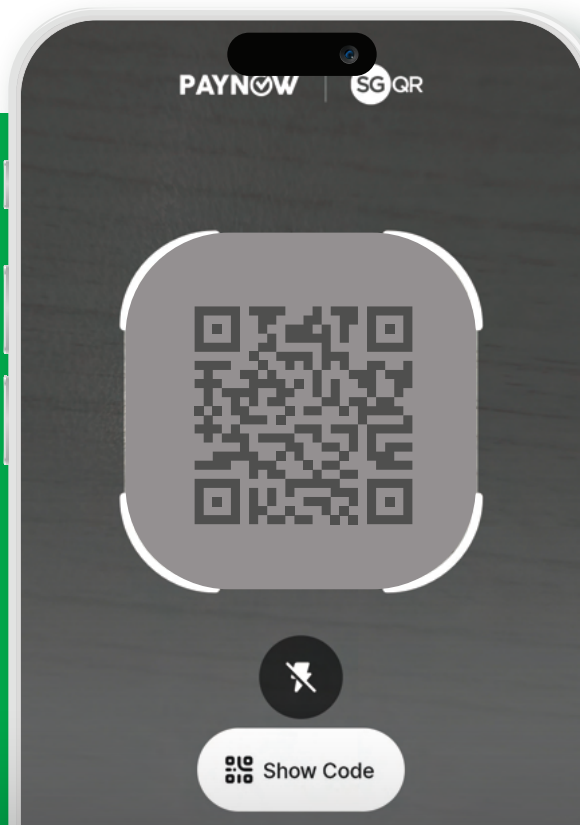
1

Tap on the scan tab



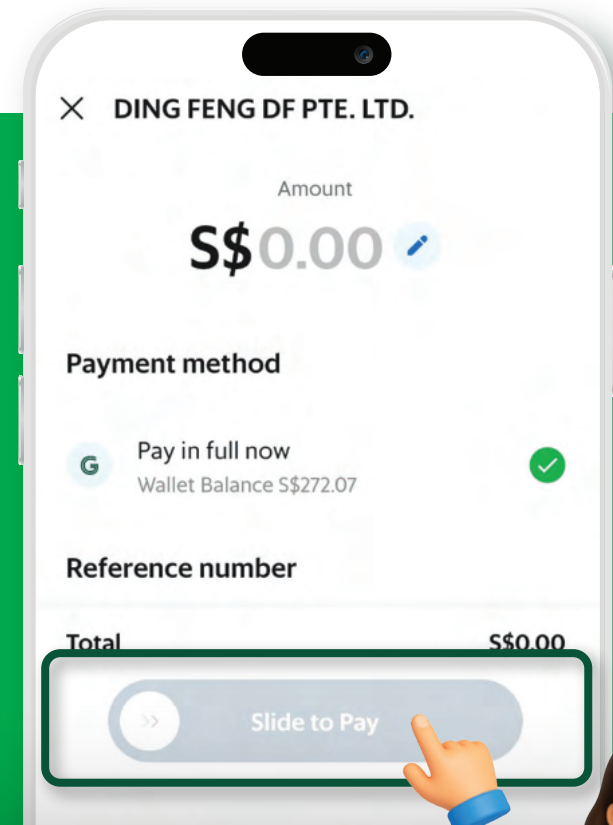
2

Scan the QR code



3

Key in the amount and 'Slide to Pay'



基础网络安全与防护小贴士

网络安全三步骤

1



使用高难度密码

- 大小写字母
- 数字
- 特殊符号 (例如: #, @, \$, %....)

2



开启双重认证 (MFA)

多重认证确保只有您能登录账户

3



认出冒充诈骗的迹象

小心假冒的电话、短信、WhatsApp或电邮，
它们会要求您点击链接

三个网络安全贴士



不要分享个人

- 资料
- 密码
- 一次性密码 (OTP)



当出现提示时，
请更新您的软件



只从官方应用商店下载



App Store



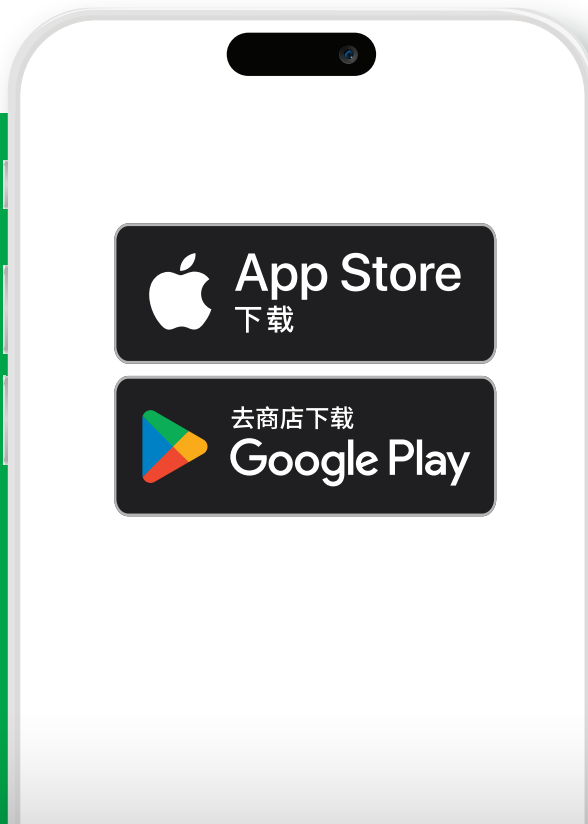
Play Store



下载 Grab 应用

1

点击 Play Store
或 App Store



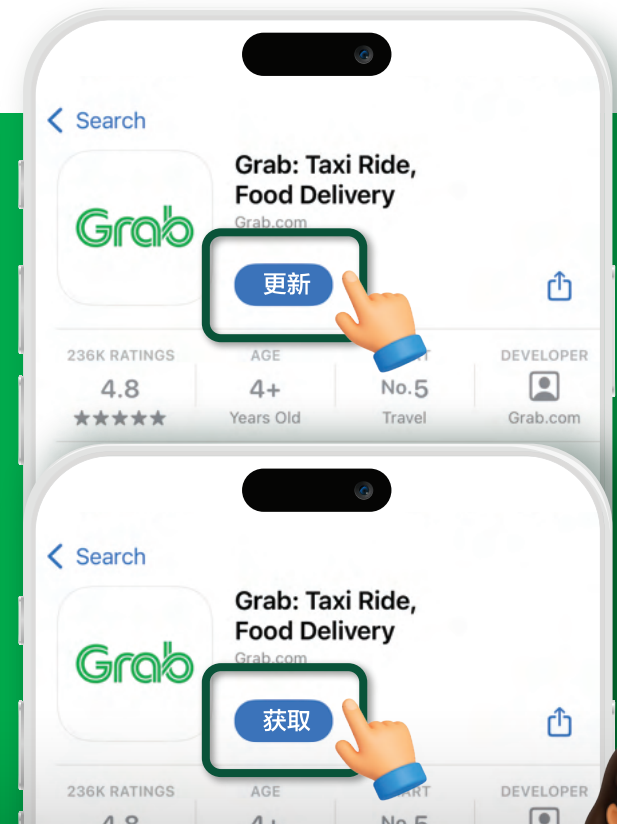
2

在搜索栏
输入“Grab”



3

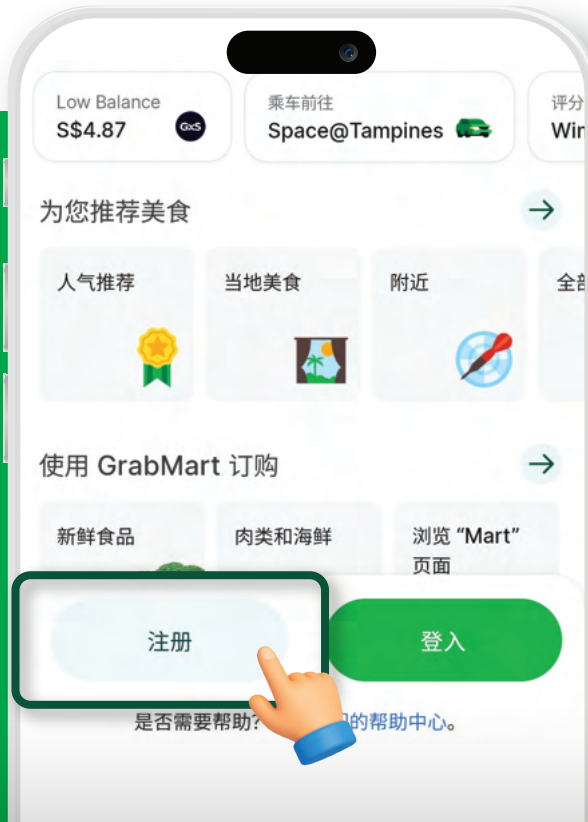
点击“更新”或“获取”
来安装 Grab 应用



注册账户

1

点击
“注册”



2

输入手机号码和
一次性密码(OTP)



3

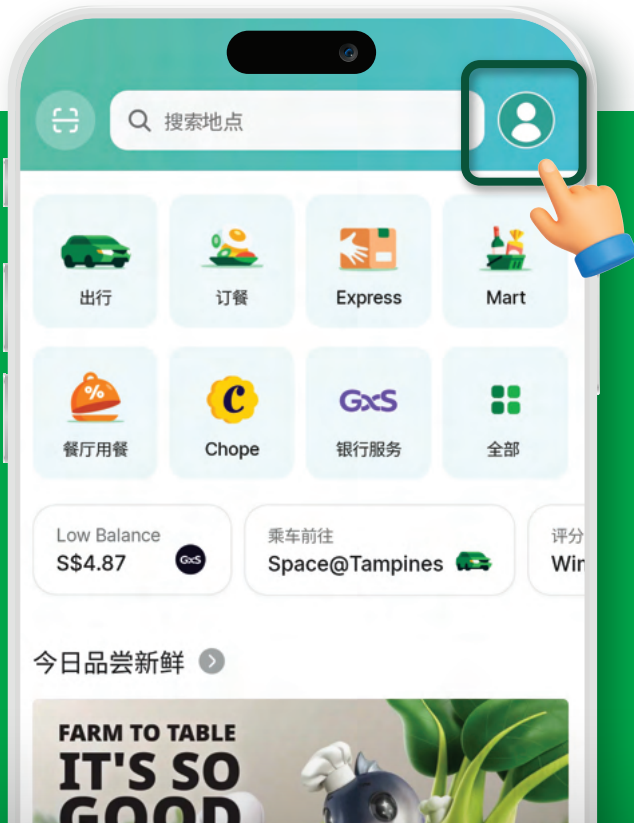
输入你的
常用名字



添加付款方式

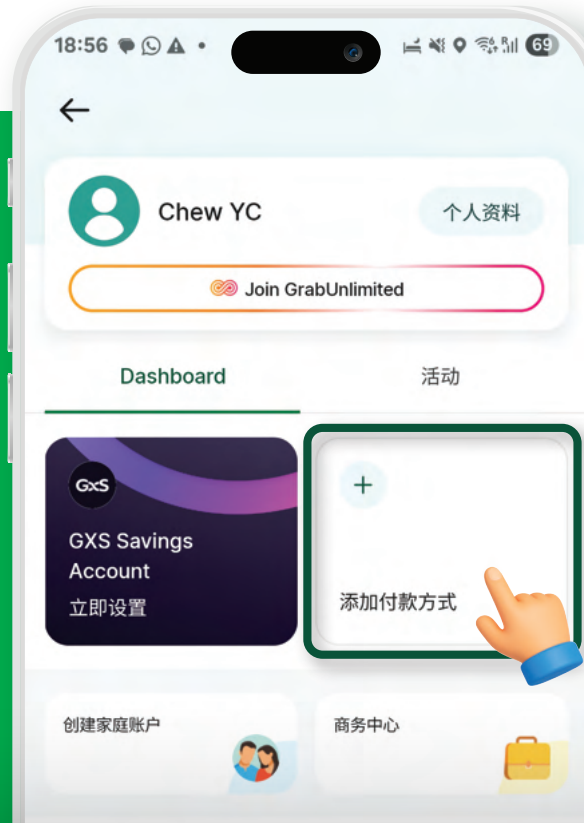
1

点击
“头像”图标



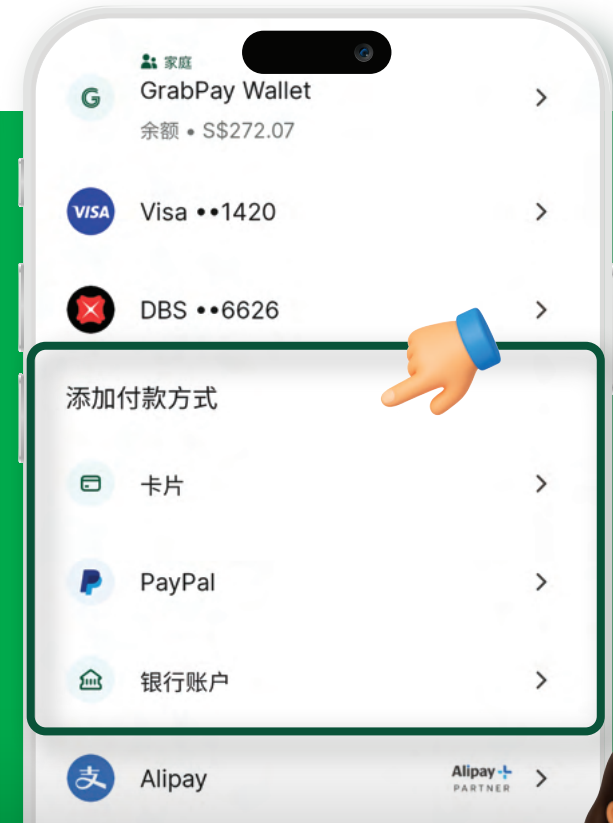
2

点击
“添加付款方式”



3

选择
付款方式



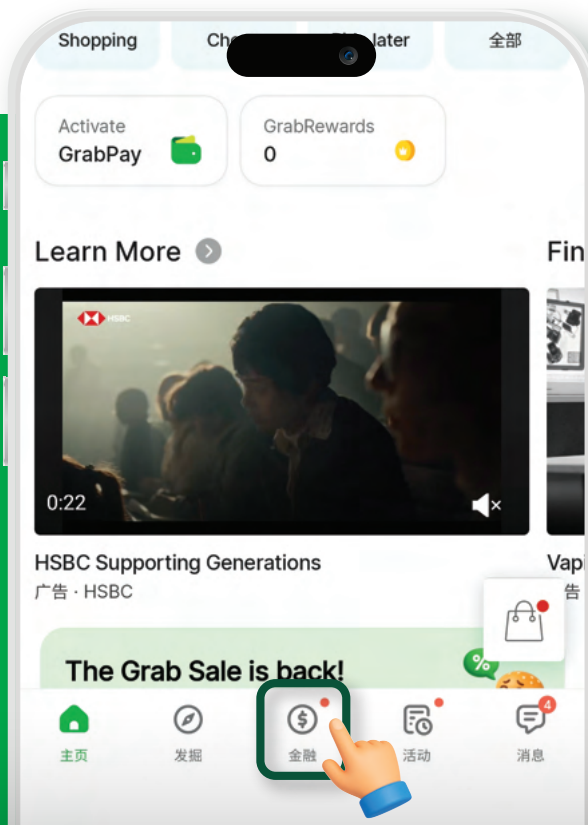
3



账户充值

1

点击
‘金融’



2

点击
‘充值’



3

选择您的
充值方式



储存地点和订车(第一部分)

1

点击
“出行” 图标



2

点击
“去哪里” 的空格



3

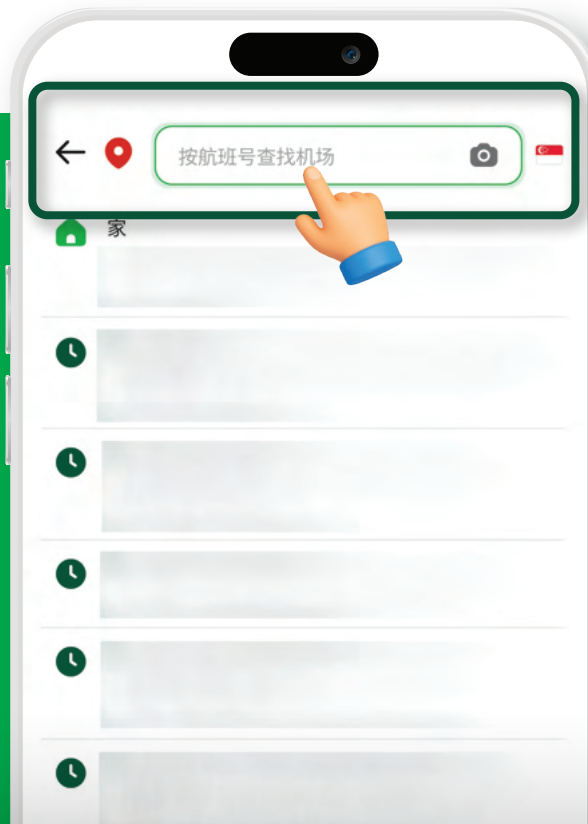
点击“已保存”图标，
然后选择“添加新的地点”



储存地点和订车(第二部分)

4

输入**邮政编码**，
然后选择地址



5

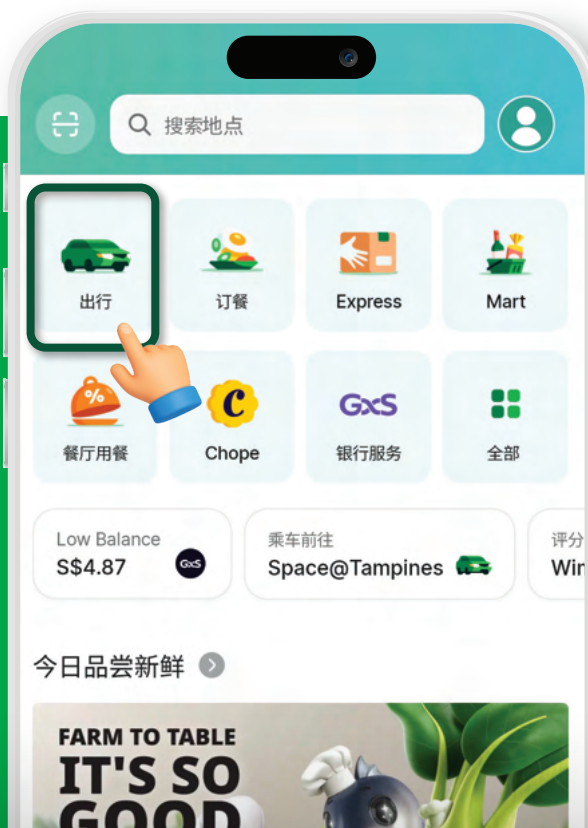
输入**名称**，
然后**保存地址**



用Grab叫车(第一部分)

1

点击
“出行” 图标



2

点击
“去哪里” 的空格



3

点击
“已保存” 图标



用Grab叫车(第二部分)

1

选择
目的地



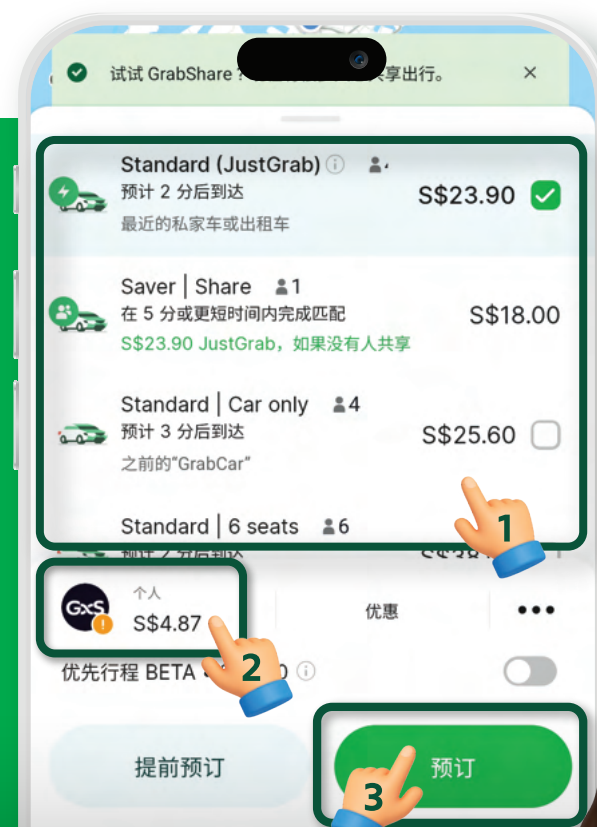
2

选择
上车地点



3

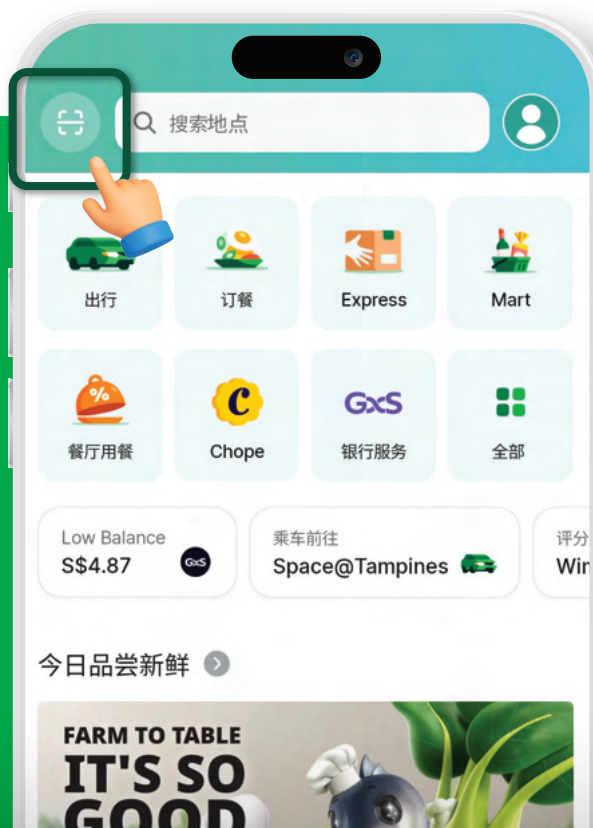
选择乘车类型
和付款方式



扫码付款

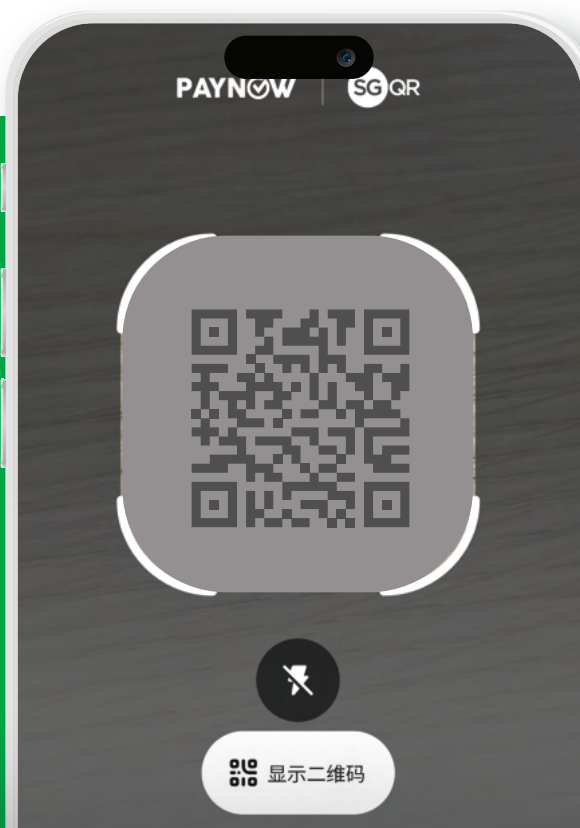
1

点击
“扫描”图标



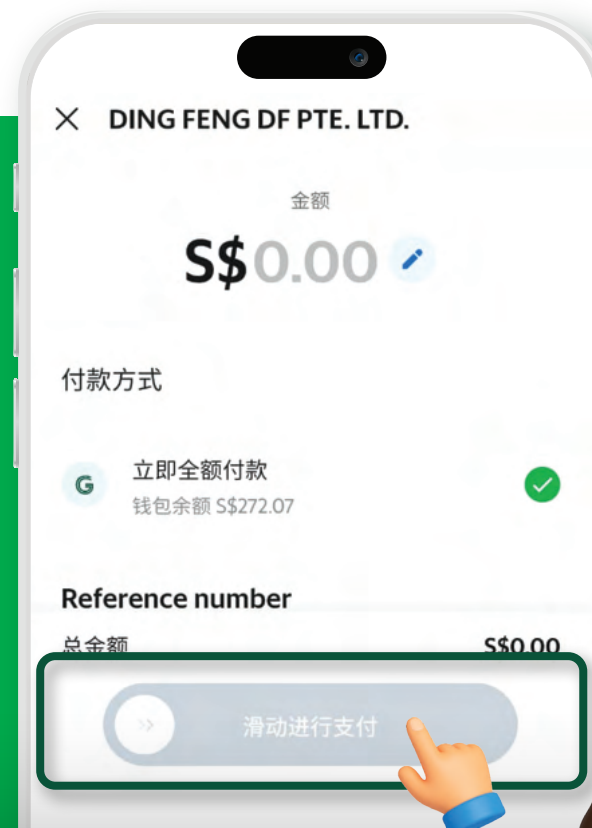
2

扫描
二维码



3

输入金额，
然后“滑动进行支付”



Tips Kebersihan Siber Asas & Keselamatan

Kebersihan Siber dalam 3 Langkah Mudah

1



Guna Kata Laluan yang Kuat

- Huruf Besar dan Huruf Kecil
- Nombor
- Aksara Khas (Contoh: #, @, \$, %....)

2



Aktifkan Pengesahan Pelbagai Faktor (MFA)

MFA memastikan log masuk akaun hanya dilakukan oleh anda

3



Kenali Tanda-tanda Penyamaran

Berhati-hati dengan panggilan suara, SMS, WhatsApp atau Emel palsu yang meminta anda klik pautan

3 Tip Keselamatan Siber



Jangan Kongsi Peribadi:

- Butiran
- Kata Laluan
- Kata Laluan Sekali Sahaja (OTP)



Kemas kini **perisian** anda apabila diminta



Muat Turun Aplikasi dari **Sumber Rasmi**



App Store



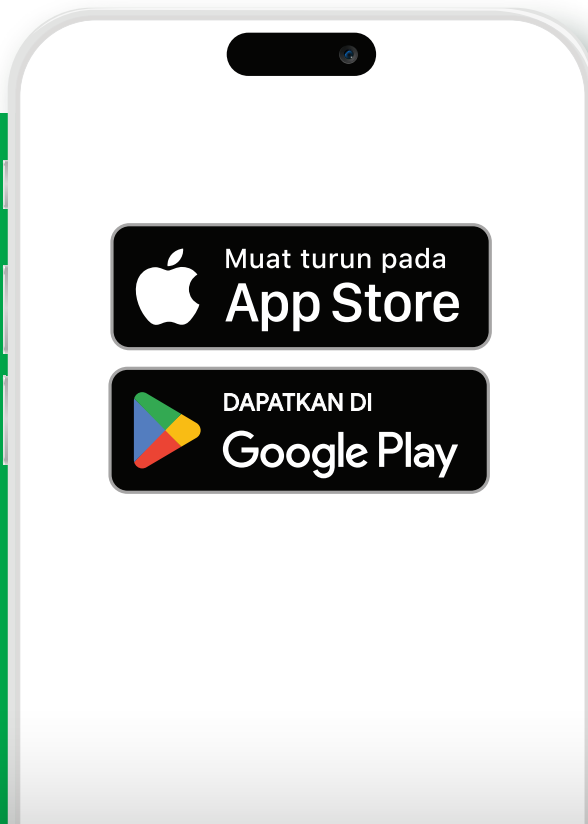
Play Store



Muat Turun Aplikasi Grab

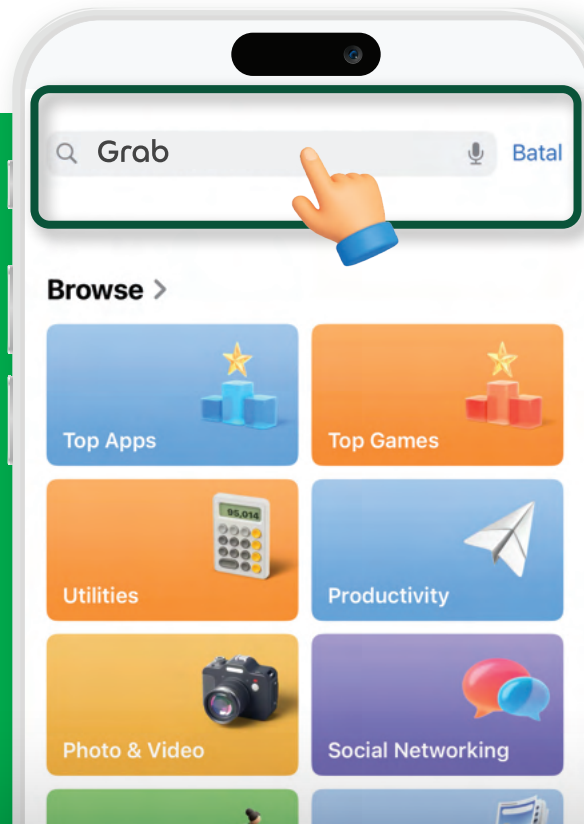
1

Tekan Play Store
ATAU App Store



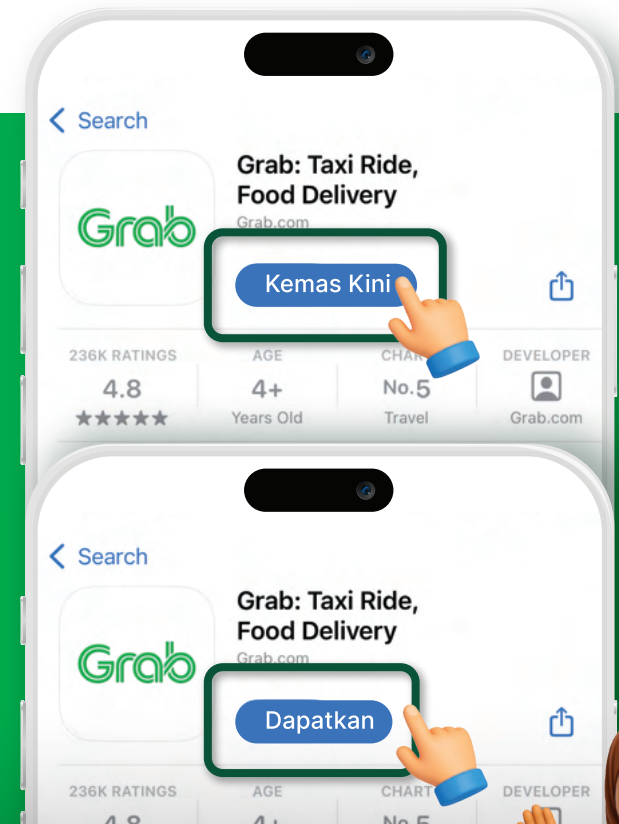
2

Masukkan 'Grab' di
ruangan carian



3

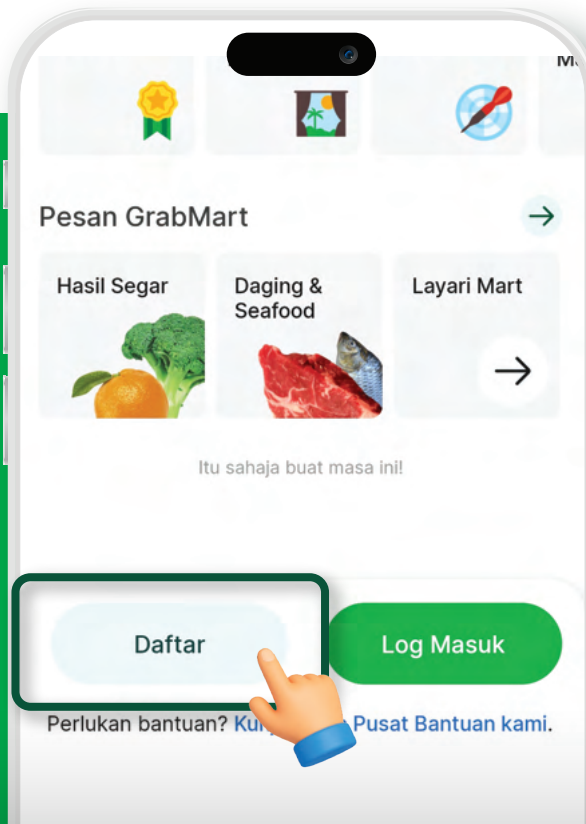
Tekan 'Kemas Kini' atau
'Dapatkan' untuk
Pasang Aplikasi Grab



Cipta Akaun

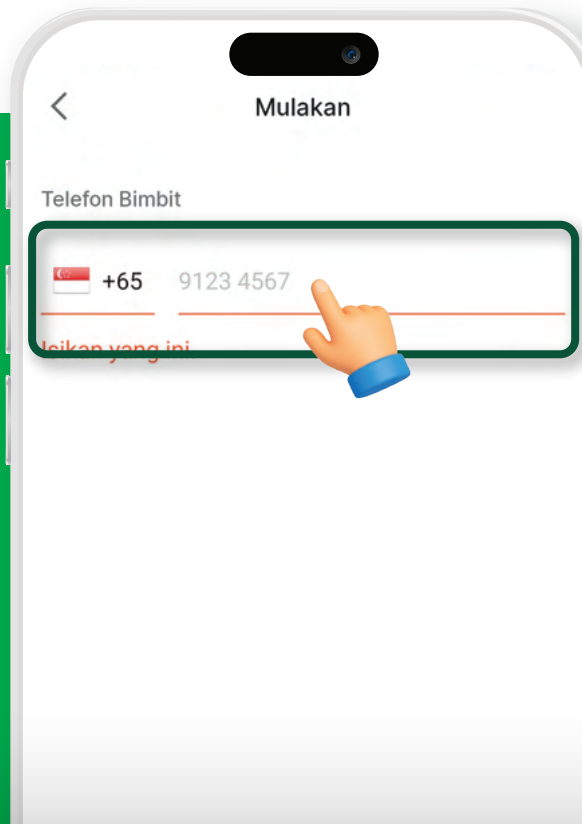
1

Tekan
Daftar



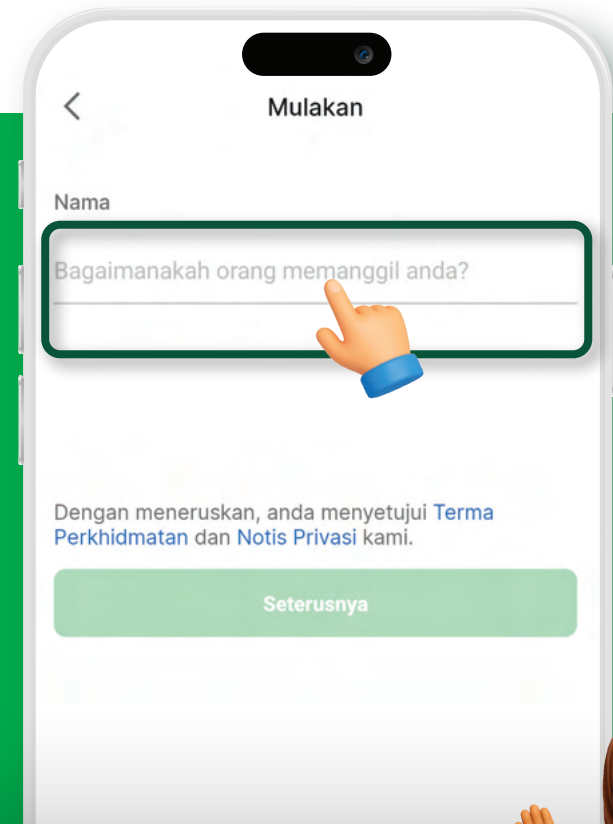
2

Masukkan No. Telefon
Bimbit & OTP Anda



3

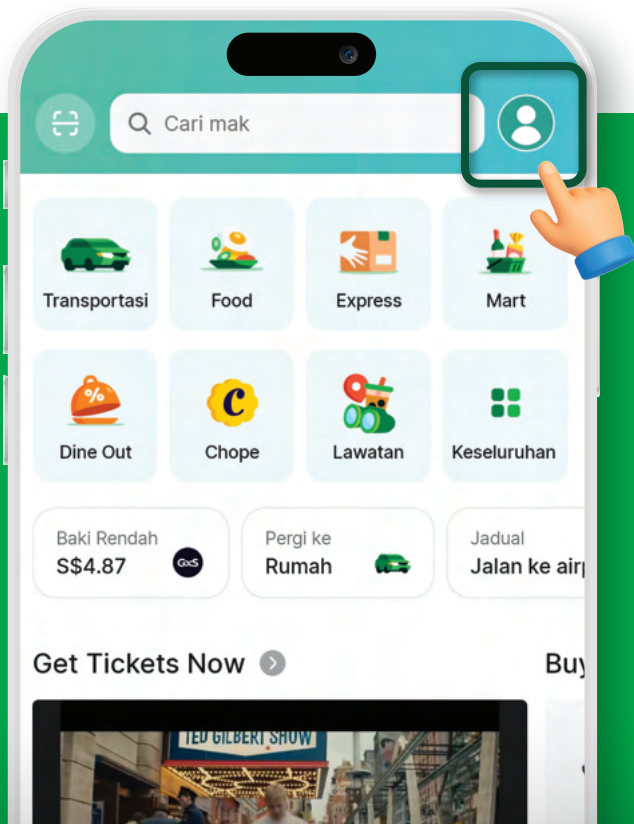
Masukkan
Nama Pilihan Anda



Menambah Kaedah Pembayaran

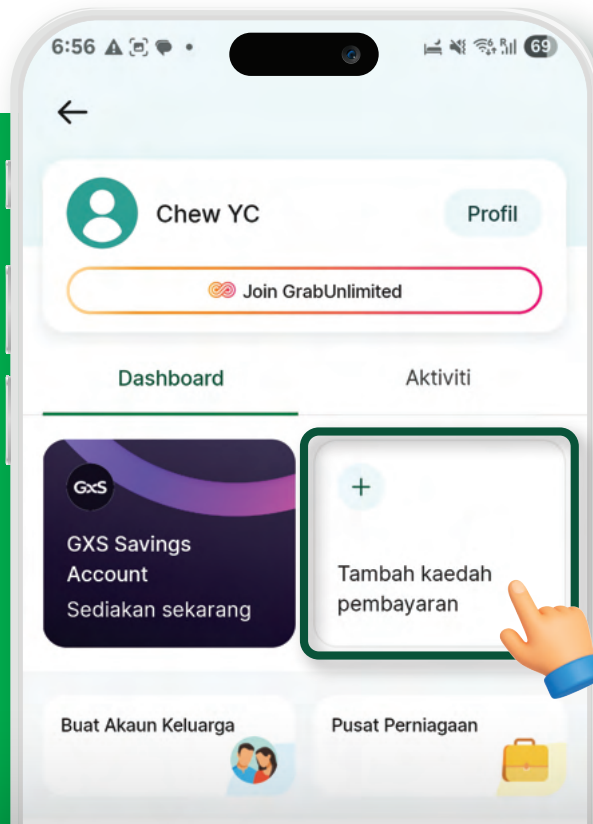
1

Tekan pada
Profil



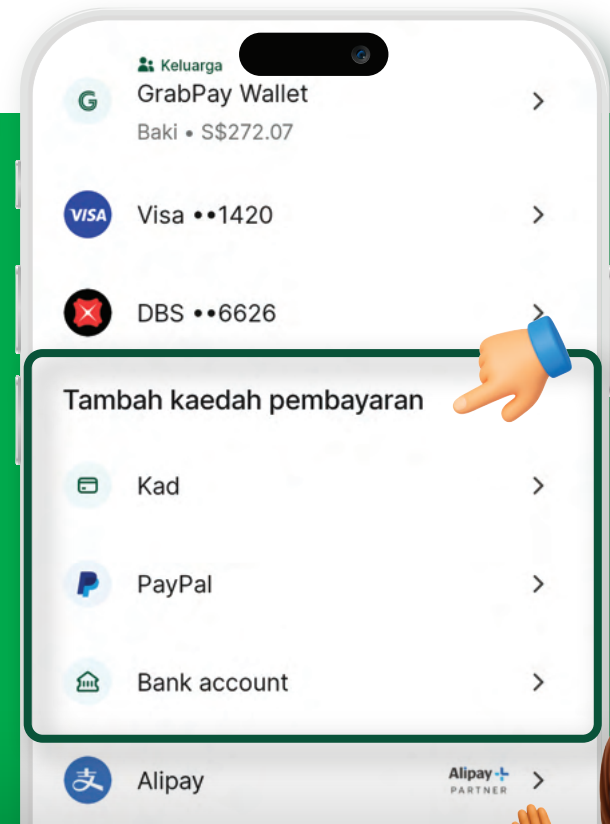
2

Tekan pada 'Tambah
Kaedah Pembayaran'



3

Pilih Kaedah
Pembayaran



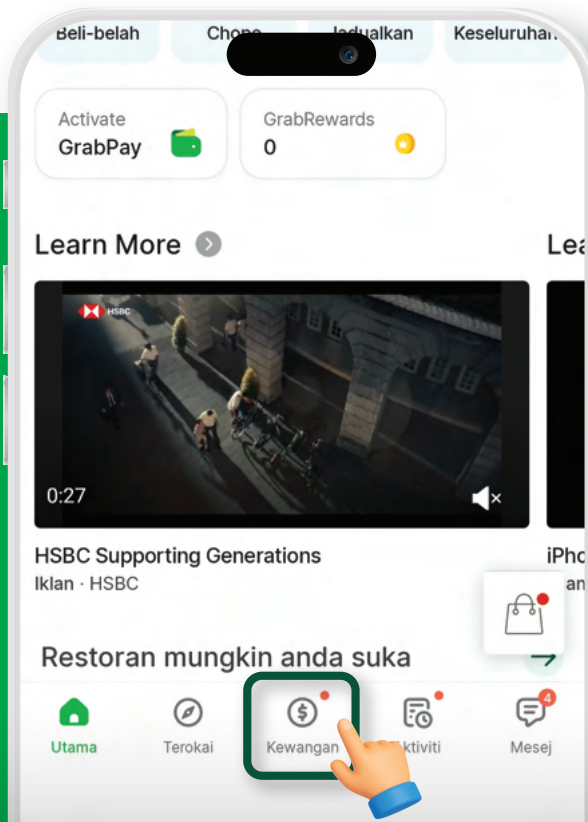
3



Tambah Nilai E-Dompot

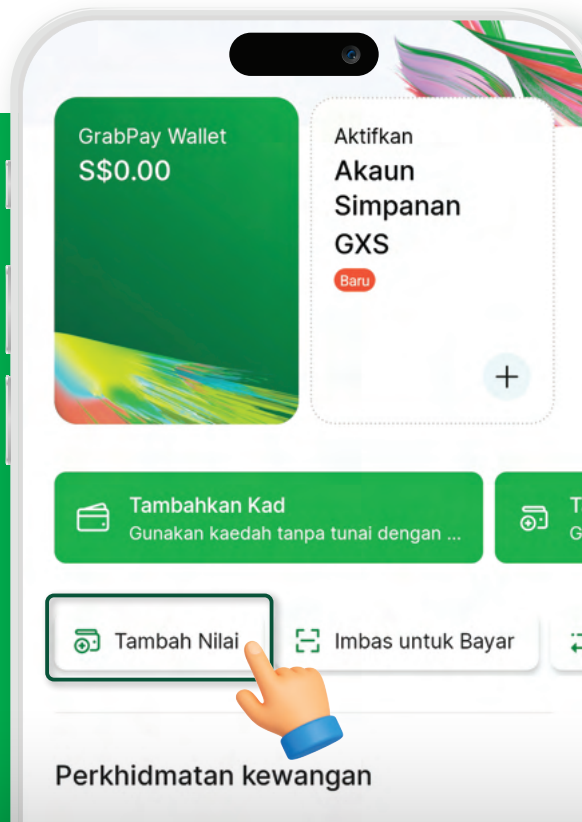
1

Tekan pada
'Kewangan'



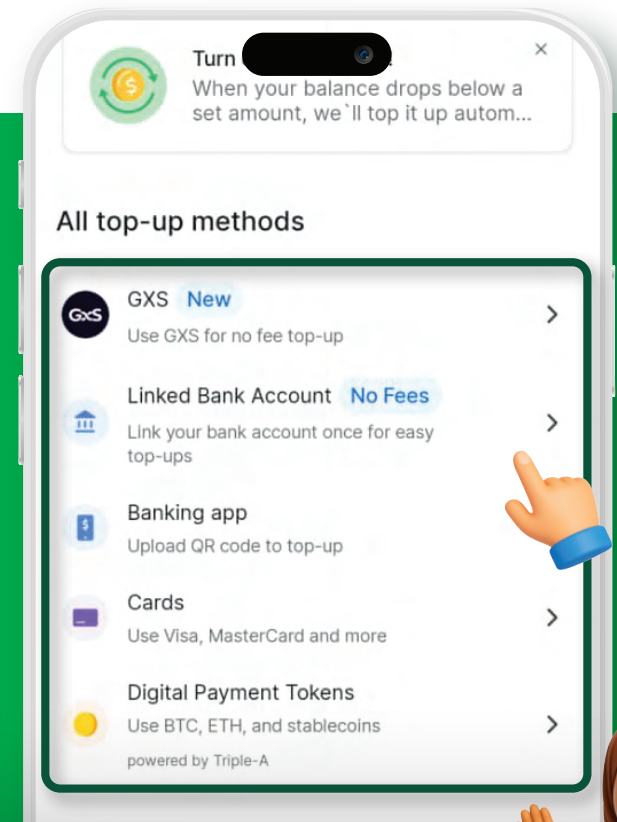
2

Tekan pada
'Tambah Nilai'



3

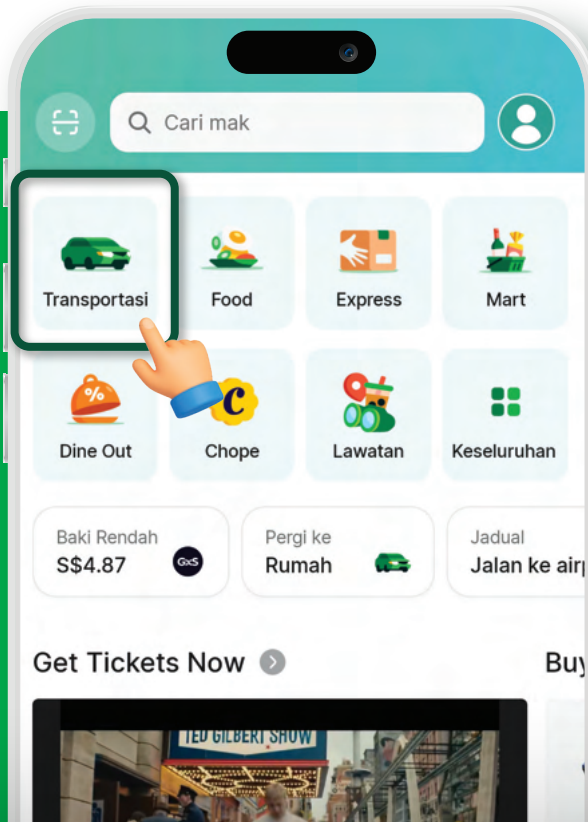
Tekan pada kaedah
tambah nilai pilihan anda



Simpan Alamat Kegemaran Anda di Grab (Bahagian 1)

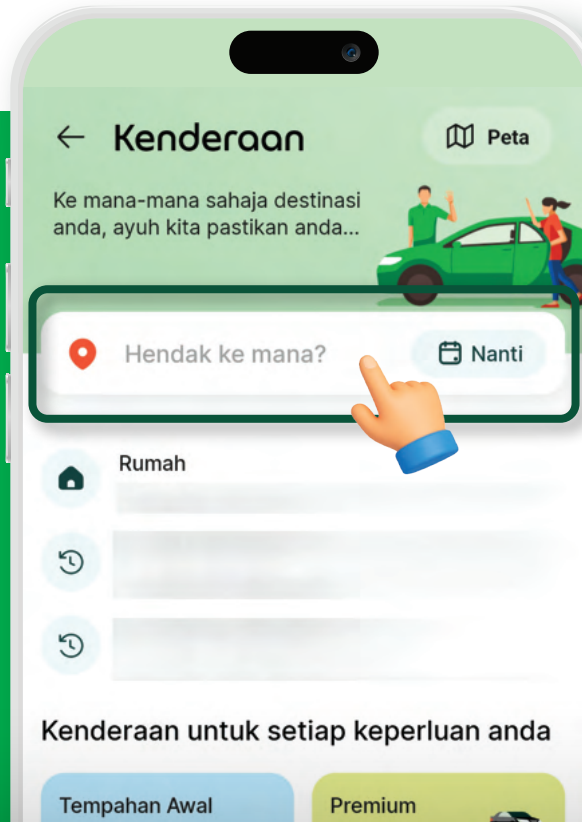
1

Tekan pada Tab
Transportasi



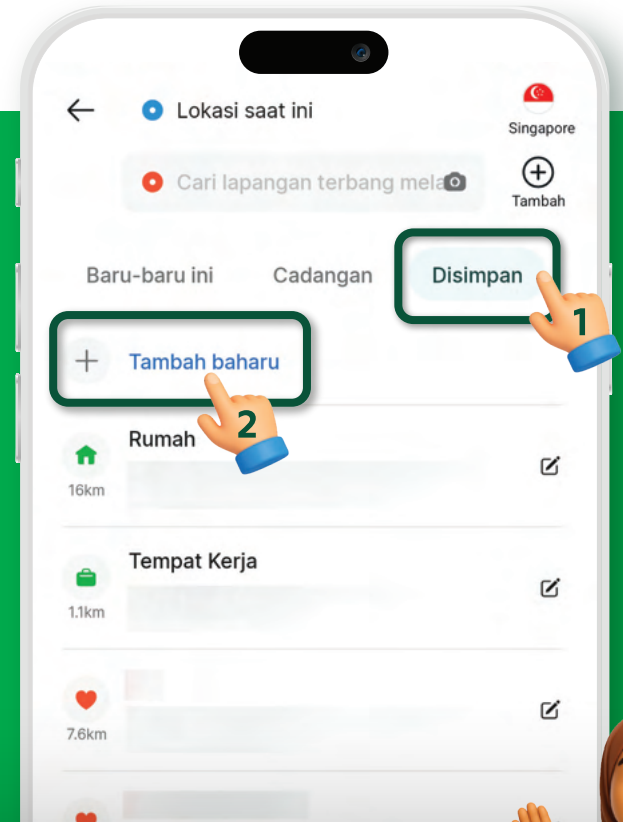
2

Tekan pada Kotak
'Hendak Ke Mana?'



3

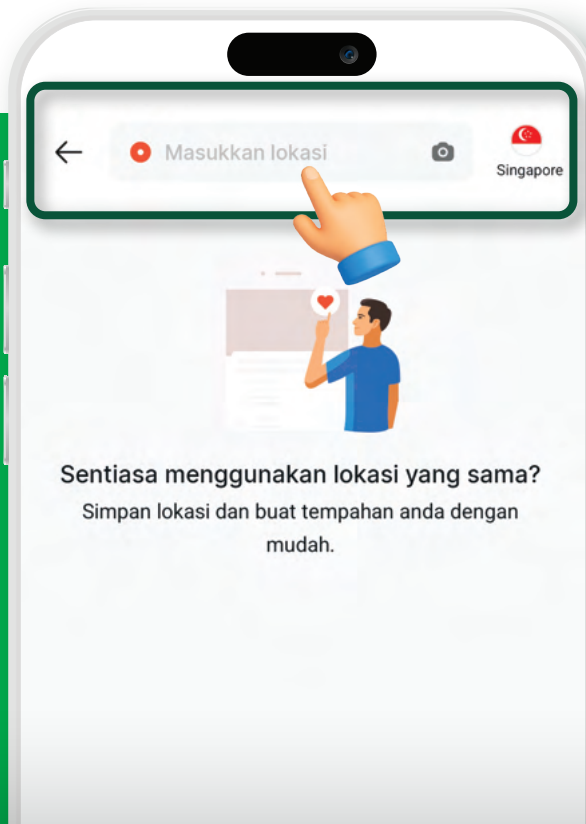
Tekan pada Tab
'Disimpan' &
'Tambah Baharu'



Simpan Alamat Kegemaran Anda di Grab (Bahagian 2)

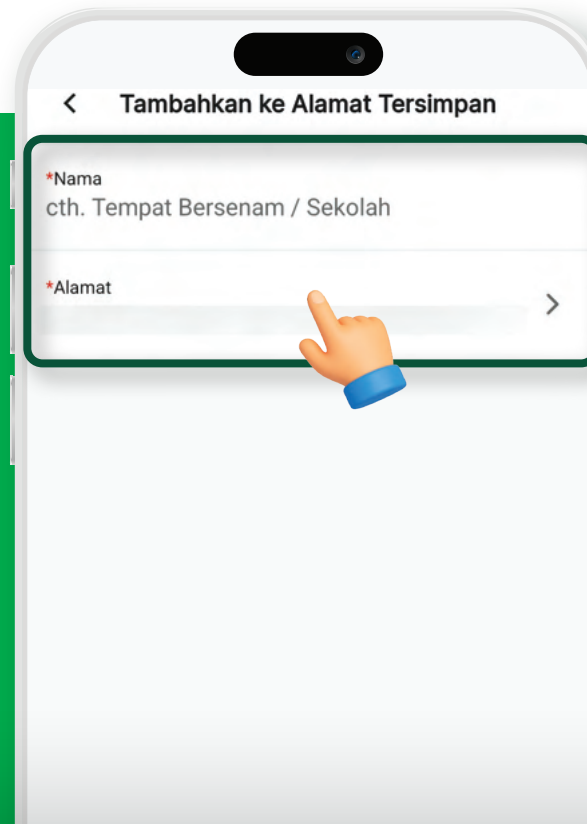
4

Masukkan
Poskod & Pilih Alamat



5

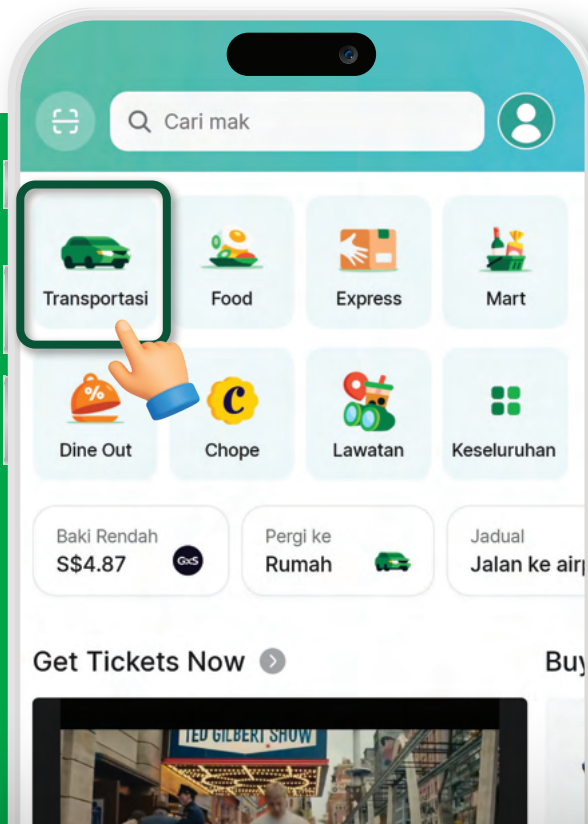
Masukkan Nama dan
Simpan Alamat



Tempah Perjalanan di Grab (Bahagian 1)

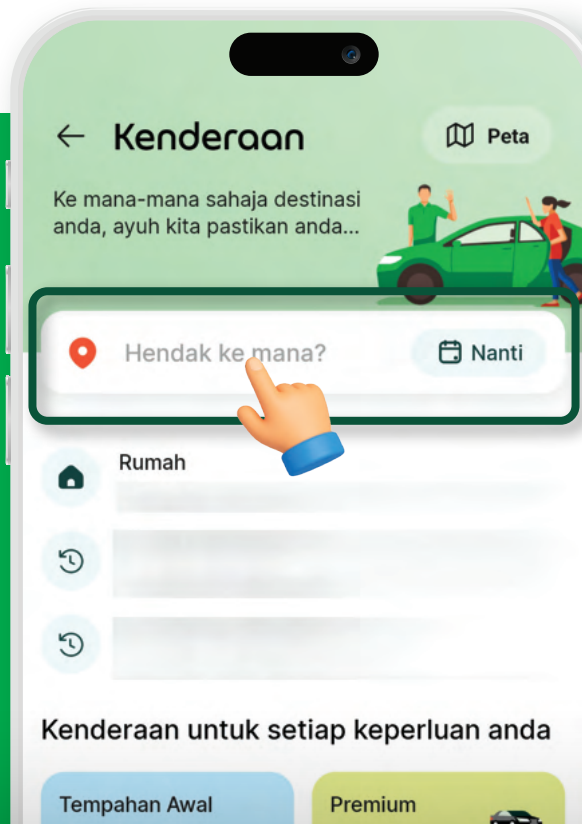
1

Tekan pada Tab
'Transportasi'



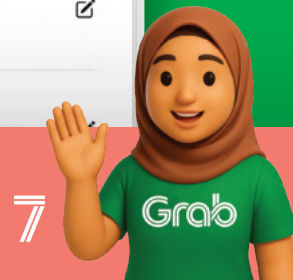
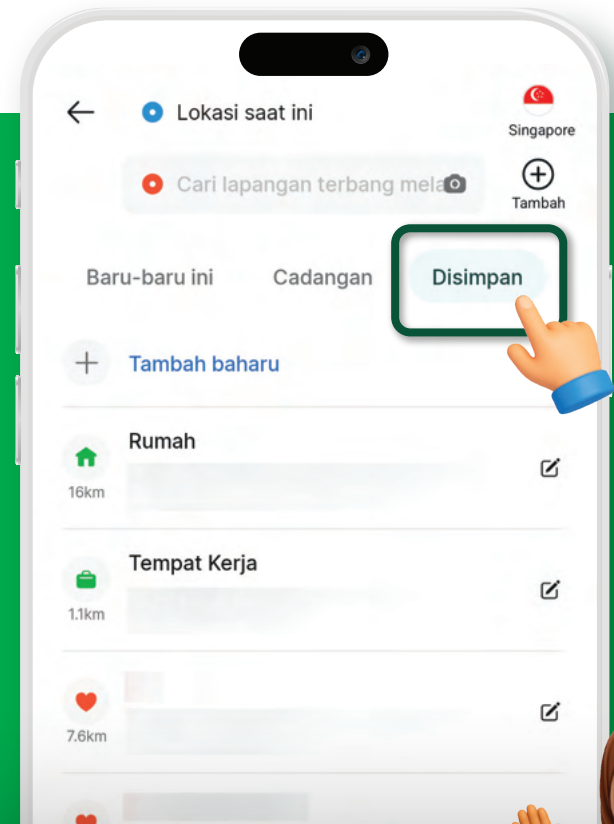
2

Tekan pada Kotak
'Hendak Ke Mana?'



3

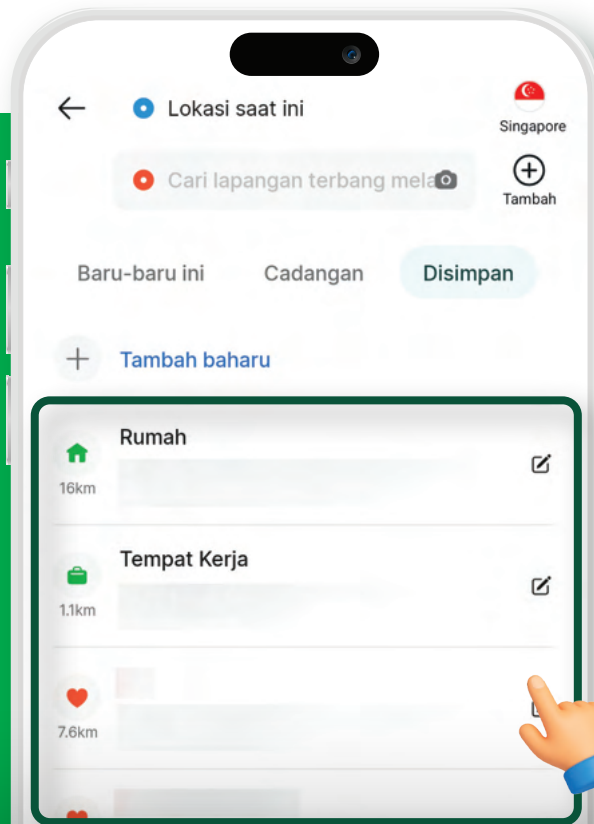
Tekan pada Tab
'Disimpan'



Tempah Perjalanan di Grab (Bahagian 2)

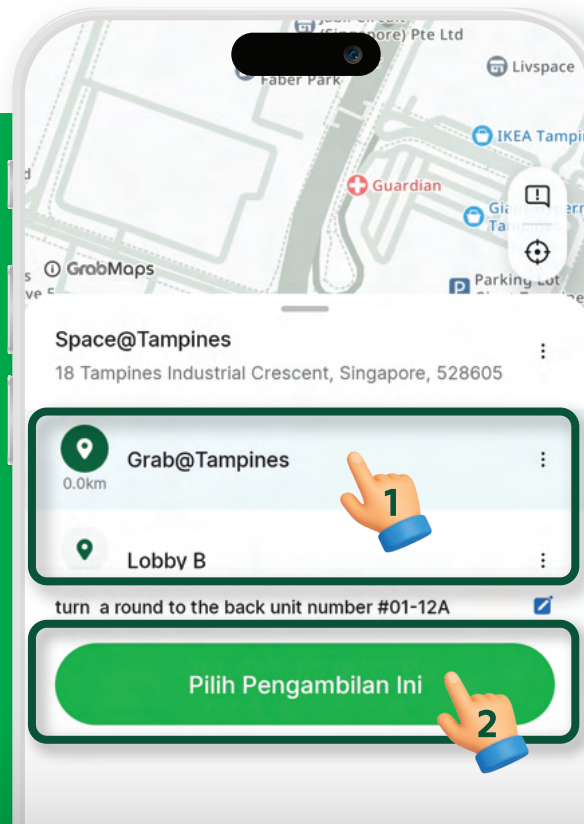
1

Pilih destinasi anda



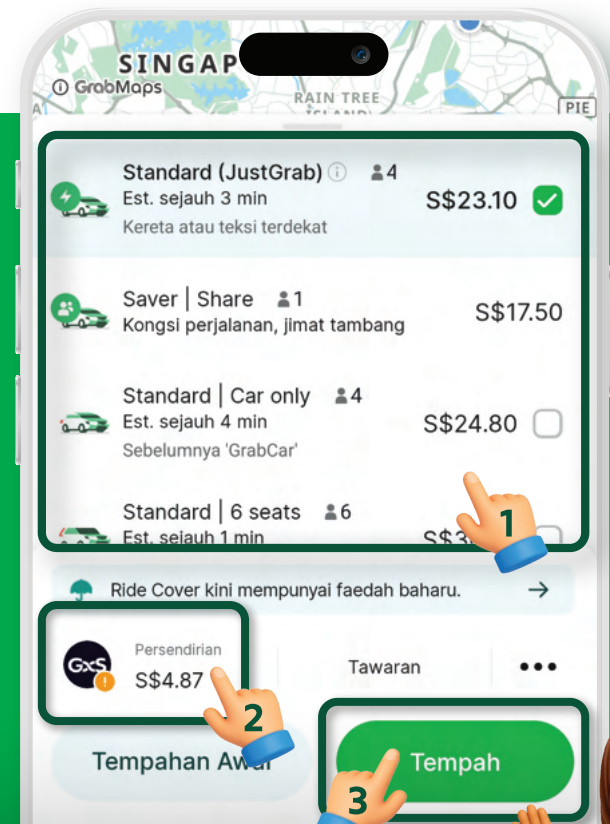
2

Pilih tempat pengambilan anda



3

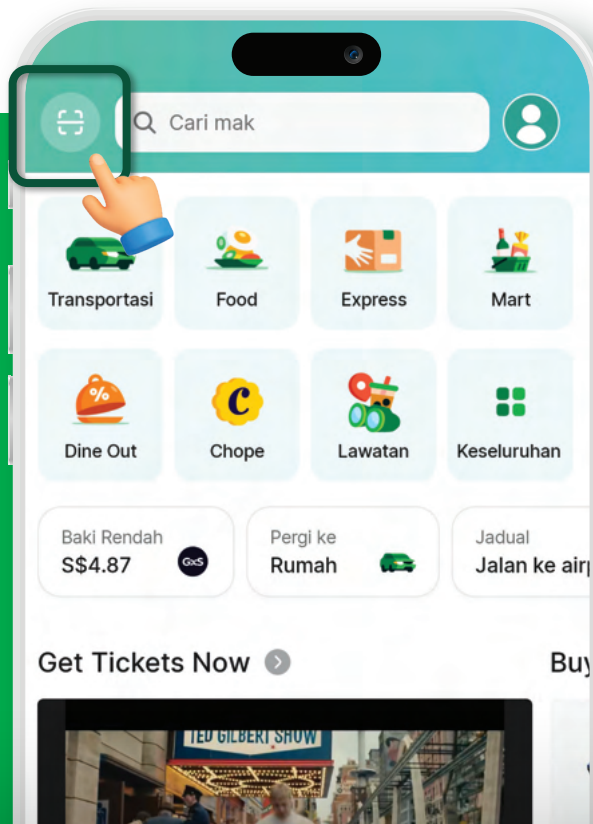
Pilih jenis perjalanan & mod pembayaran



Imbas & Bayar

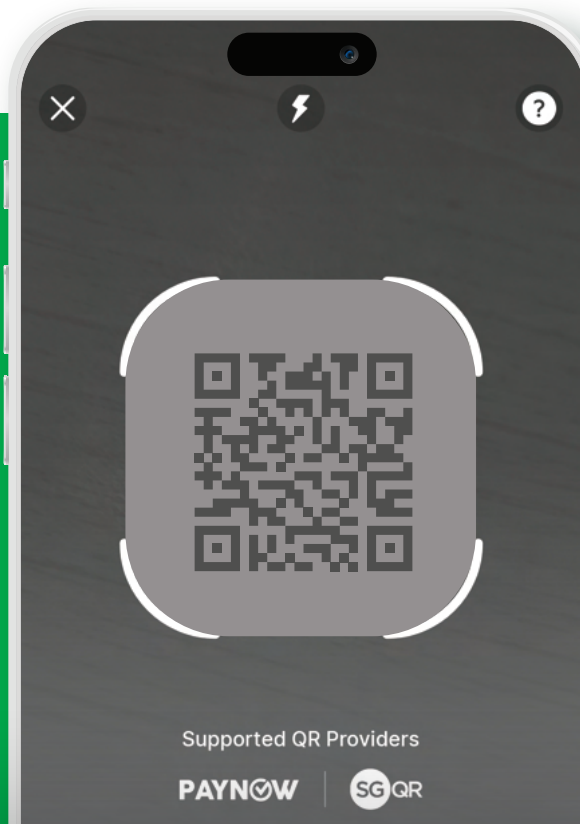
1

Tekan pada
imbas tab



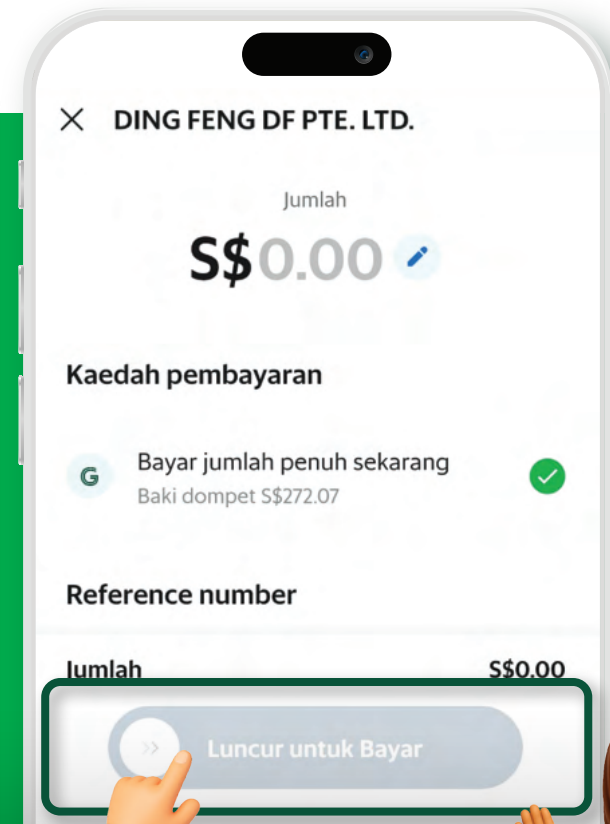
2

Imbas
Kod QR



3

Masukkan Jumlah
dan Tekan
'Luncur untuk Bayar'



Grab