Do I need to connect to the VPN?

ICT recommends connecting to the Virtual Private Network (VPN) once a month and staying connected for at least 8 hours.

Related articles

- How do I reinstall Cisco Anyconnect on a Mac
- How to install and use Virtual Private Network (VPN) on Linux
- How do I set up a Virtual Private Network (VPN) connection on an iPhone or iPad?
- My VPN stopped working in the Windows Linux Subsystem (WLS)
- Virtual Private Network (VPN)
- How do I set up a Virtual Private Network (VPN) connection on a Mac computer?
- How do I set up a Virtual Private Network (VPN) connection on a personal or non-managed Windows computer?
- How do I connect to USask Virtual Private Network (VPN) on a managed Windows computer?
- How to customize your Canvas dashboard
- How do I set up a Virtual Private Network (VPN) connection on an Android phone or tablet?