ToolGPA

NOVEMBER 2026

InterGuard

The Insider's Guide

Employee monitoring and insider threat detection software



Every plan, grade, refund rule and rival among time tracking apps, read from InterGuard's own pages.

Made by Awareness Technologies · checked Nov 13, 2026 · toolgpa.com

1.6
GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from InterGuard's own pages, its app-store listings and our grades. Every fact in it is on InterGuard's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

1.6

GPA, above 1 of the 98 other time tracking apps we grade

InterGuard is employee monitoring software from Awareness Technologies. An agent on each PC or Mac records user activity, including screenshots, files, email, web use and keystrokes, and sends it to a web console that is either cloud-based or self-hosted. It also offers web filtering, application control and data loss prevention aimed at insider threats.

> "
>
> **A web console, cloud or self-hosted, plus agents on each machine.**
>
> From our grade for ease of use

To get you started, here are **7 things to know about InterGuard**, taken from its own pages and our grades.

1 **Best for watching staff computers and blocking data leaks**

InterGuard records activity, filters websites and blocks data leaving by email or USB on Windows and Mac.

2 **It runs on 2 platforms**

Windows and macOS.

3 **User activity recording**

Logs activity on the endpoint even off the network, with indexed search, alerts, playback and audit trails, plus screenshots and session video.

4 **Productivity and idle time**

Reports and alerts on how employees use their time, including application and website usage and idle time.

5 **Web filtering and app control**

Filters web use by URL, category or keyword on or off the network, and restricts which applications can run.

6 **A 1.6 GPA, above 1 of 98**

That is against the other time tracking apps we grade, on value, the free plan, features, ease of use and platforms.

7 **Keep it**

The plain part of InterGuard you could make: time tracking and reports. What surrounds it you could not. The 4 things listed below take a company, not a weekend.

InterGuard at a glance

PRICING Paid	FREE PLAN No
FREE TRIAL None stated	RUNS ON macOS, Windows
MADE BY Awareness Technologies	CATEGORY Time Tracking
OUR GRADE 1.6 GPA, weak	

The report card

Best for watching staff computers and blocking data leaks

InterGuard records activity, filters websites and blocks data leaving by email or USB on Windows and Mac. The site shows no price and no trial, a footer

that reads 2022, and it's a monitoring suite rather than a time tracker.

TOOLGPA REPORT CARD	InterGuard	Graded Nov 13, 2026
SUBJECT	GRADE	COMMENT
Value for money	C	No prices or plans on the pages we read, so cost has to be requested from the vendor.
Free plan and trial	F	No free plan and no trial appear on the pages we read.
Features	C	Activity recording, web filtering, app control, data-leak blocking and remote lock-down. No timesheets or billing.
Ease of use	C	No store rating on record. A web console, cloud or self-hosted, plus agents on each machine.
Platforms and integrations	C	Agents for Windows and Mac desktops only; Chromebooks need a separate product.
Grade point average		Weak, out of 4.0 **1.6**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who InterGuard is for

- ✓ Fits if you need web filtering and leak blocking on staff PCs and Macs
- ✓ Makes sense if you can ask for a quote and want a self-hosted option

Who it is not for

- ✗ Skip it if you want a price before talking to sales, since none is shown
- ✗ Not for you if you want to try it first, as no trial is listed
- ✗ Too light for phones and Linux, because only desktop agents for PC and Mac are described
- ✗ Watch out: the site footer reads 2022 and it records keystrokes and screens, so check how current it is and the law

Good to know

Good for

- ✓ Companies investigating insider threats and policy violations
- ✓ Organizations that must show compliance with regulations such as HIPAA or PCI
- ✓ Managers of remote staff who want screenshots and activity reports

Worth knowing

- ⓘ No prices, plans or free trial appear on the site pages read, so cost has to be requested from the vendor.
- ⓘ The site footer reads 2022, so some pages may be older than the rest of the directory.
- ⓘ Monitoring includes keystrokes and screenshots, so employee notice and local law need checking.
- ⓘ A separate Chromebook product exists; desktop agents are described for PC and Mac.

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

InterGuard's current pricing could not be confirmed from its own site.

> **No prices or plans on the pages we read, so cost has to be requested from the vendor.**
>
> From our grade for value for money

We could not confirm InterGuard's current prices from its own site, so this guide lists no plans. interguardsoftware.com has them.

What it does

Its main features, where it runs, what it works with and who makes it

2

Places it runs: macOS and Windows

Employee monitoring and insider threat detection software. Here is what it does, as its own site describes it, and what it covers: self-hostable, site & app blocker, time tracking, screen recording, screenshots, reports.

> **Activity recording, web filtering, app control, data-leak blocking and remote lock-down.**
>
> From our grade for features

User activity recording

Logs activity on the endpoint even off the network, with indexed search, alerts, playback and audit trails, plus screenshots and session video.

Productivity and idle time

Reports and alerts on how employees use their time, including application and website usage and idle time.

Web filtering and app control

Filters web use by URL, category or keyword on or off the network, and restricts which applications can run.

Data loss prevention

Blocks or reports sensitive data leaving by email, web forms or removable media, and finds sensitive files saved on local drives.

Remote response

Remotely delete or retrieve files, or lock down a device, in a suspected breach or when a laptop is lost.

Cloud or self-hosted console

Devices are managed from one web console, offered as cloud-based or self-hosted for stricter security or compliance needs.

Where it runs

macOS

Windows

What it works with

Its own pages name no integrations.

InterGuard is made by Awareness Technologies.

Where it stands

Its grades against its category, and whether to keep it or make your own

1/98

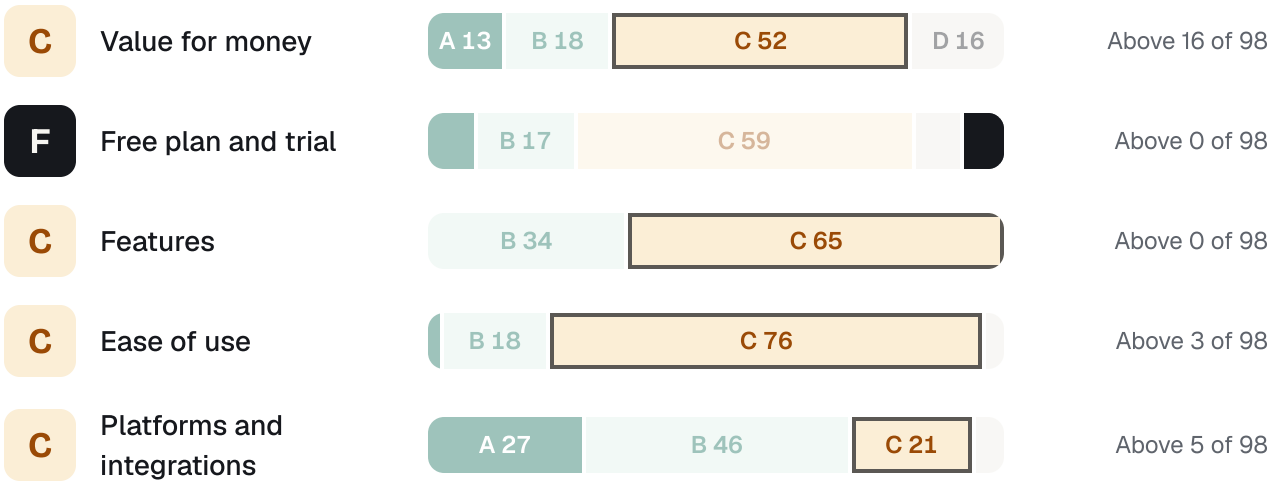
Other time tracking apps it is graded above

InterGuard's GPA of 1.6 is higher than 1 of the 98 other time tracking apps we grade, and level with 2.

It stands best on value for money (C, above 16 of 98) and worst on free plan and trial (F, above 0).

Each grade against the category

Every bar is all 99 time tracking apps we grade, cut by the letter each got. InterGuard's own letter is outlined.



Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

The plain part of InterGuard you could make: time tracking and reports. What surrounds it you could not. The 4 things listed below take a company, not a weekend.

That makes this kind of software worth paying for, not this one in particular: 95 of the 98 other time tracking apps grade higher.

What you could make

- Time tracking and reports: an app builder makes these well.

What you could not

- Capture tools hooked into the operating system.
- Recording the screen with its sound, and somewhere to keep the video.
- Blocking that reaches every browser and app and is hard to switch off.
- A real app for macOS and Windows. Something home-made would be a web page.

What this rests on. InterGuard's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Teramind, Veriato, StaffCop, ActivTrak and Time Doctor

The 5 tools InterGuard is most often weighed against, with where each one differs from it.

2.0 GPA

Teramind

Free trial

Employee monitoring, insider risk and data loss prevention.

- Only Teramind lists a web app.
- InterGuard is self-hostable, according to its own site.
- InterGuard also covers site & app blocker, screen recording and screenshots.

InterGuard and Teramind compared in full

2.0 GPA

Veriato

Free trial · from $18/mo

User activity monitoring and insider risk management.

- Only Veriato lists an Android app.
- InterGuard is self-hostable, according to its own site.
- InterGuard also covers site & app blocker and screen recording.

InterGuard and Veriato compared in full

1.6 GPA

StaffCop

Free trial

Employee monitoring and insider threat software.

- Only StaffCop lists a Linux app.
- InterGuard also covers site & app blocker.
- StaffCop also covers remote desktop.

InterGuard and StaffCop compared in full

2.2 GPA

ActivTrak

Free plan · from $10/mo

Workforce analytics that tracks activity and work time automatically.

- ActivTrak has a free plan. InterGuard does not.
- Only InterGuard lists Windows and macOS apps.
- Only ActivTrak lists a web app.

InterGuard and ActivTrak compared in full

2.4 GPA

Time Doctor

Free trial · from $6.67/mo

Employee time tracking and workforce analytics for remote teams.

- Only Time Doctor lists a web app.
- Only Time Doctor lists Linux, iOS and Android apps.
- Only Time Doctor lists a browser extension.

InterGuard and Time Doctor compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

10

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is InterGuard free?

No. InterGuard is a paid product.

What platforms does InterGuard work on?

InterGuard is available on Windows and macOS.

Does InterGuard have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. InterGuard is listed for Windows and macOS.

Does InterGuard have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. InterGuard is listed for Windows and macOS.

Is InterGuard open source?

InterGuard is not described as open source on its own site, as read on Nov 13, 2026.

Can InterGuard be self-hosted?

Yes. InterGuard's own site says it can be run on a server of your own.

Who makes InterGuard?

InterGuard is made by Awareness Technologies.

What are the alternatives to InterGuard?

The closest alternatives to InterGuard in our directory are Teramind, Veriato, StaffCop, ActivTrak and Time Doctor.

How does InterGuard compare with other time tracking apps?

InterGuard's GPA of 1.6 is higher than 1 of the 98 other time tracking apps we grade, and level with 2.

Could I make my own version of InterGuard?

The plain part of InterGuard you could make: time tracking and reports.

Where this guide comes from

The prices, plans, platforms and features were read from InterGuard's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from InterGuard's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Awareness Technologies. Prices change, so check interguardsoftware.com before you buy.

interguardsoftware.com

interguardsoftware.com/employee-monitoring-sof…

interguardsoftware.com/chromebook-monitoring-…

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

InterGuard, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/interguard

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "InterGuard: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/interguard
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Know someone choosing between time tracking apps?

Send them this guide:
toolgpa.com/tools/interguard/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded time tracking apps after InterGuard, each with an Insider's Guide of its own.

Time Tracking Insider's Guide

Every one of the 99 time tracking apps we grade, compared

Jibble Insider's Guide

Free time clock and attendance tracker with GPS and face recognition

3.4 GPA

Clockify Insider's Guide

Team time tracker and timesheets with a free plan for 5 users

3.2 GPA

TimeCamp Insider's Guide

Time tracking with attendance, billing and a free plan for any team

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what InterGuard's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. InterGuard is a trademark of its owner, and this guide is not made, paid for or approved by Awareness Technologies. Prices and plans change: check interguardsoftware.com before you buy.