TECHNOLOGY TIMES

"Insider Tips To Make Your Business Run Faster, Easier And More Profitably"

The Truth About Healthcare Security

While many small businesses mistakenly think they're immune to data breaches because of their size, and therefore put minimum protection in place, healthcare organizations can't ever risk taking this laissez-faire approach – and they'd be in trouble if they did. After all, there are rules and regulations when it comes to healthcare IT systems, and huge fines if you don't meet certain standards. Health practices are tempting targets for hackers, who appreciate the high cost of patient treatment and the wealth of personal information stored by doctors. This is why malicious attacks are carried out on healthcare centers all the time. Two separate 2015 surveys, performed by the Ponemon Institute and the global corporation KPMG, produced some alarming statistics. Here's what they discovered.

The 2015 KPMG Healthcare Cybersecurity survey

This survey of 223 chief healthcare executives revealed that 81 percent of healthcare organizations have been breached in the last two years. What may come as even more disturbing news is that 25% of these executives noted that their organizations were attacked anywhere from one to five times a week.

And the organizations which are aware they're being attacked are actually the lucky ones. According to Greg Bell, KPMG's leader of the firm's Cyber Practice, "The experienced hackers that penetrate a vulnerable health care organization like to remain undetected as long as they can before extracting a great deal of content, similar to a blood-sucking insect." That means the longer a cyber attack goes unnoticed, the more damage it can do to your practice.

The survey also revealed the greatest threats facing today's healthcare organizations by type, according to the respondents:

- **65% – external attacks:** cyber attacks are more sophisticated and well funded than ever. With healthcare organizations as prime targets, they are increasingly difficult to prevent.

- **48% – sharing data with third parties:** because it's easy to distribute ePHI over the Internet and mobile devices, it's more likely for this data to fall into the wrong hands.

- **35% – employee breaches:** an unhappy employee steals or alters your practice's critical information.

- **27% – insufficient firewalls:** a firewall blocks viruses, worms and hackers. If yours is inadequate, it's easier for these threats to break into and corrupt your network.

"Enabling People to Provide Great Products and Services - Anytime, Anyplace, Anywhere"

- Rick Johnston, Information Management Systems

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TRICK-OR-UPGRADE

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STAHLER.

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The Ponemon study

Released in early 2015, the Ponemon Institute's Fifth Annual Benchmark Study on Privacy and Security of Healthcare Data may come as even more of a shock than KPMG's survey. According to this study, 91% of healthcare organizations have experienced at least one data breach in the last two years, 39% have had two to five breaches, and 40% have had more than five.

So what's the real reason for all these data breaches? The report claims that "cyber criminals recognize two critical facts of the healthcare industry: 1) healthcare organizations manage a treasure trove of financially lucrative personal information and 2) healthcare organizations do not have the resources, processes, and technologies to prevent and detect attacks and adequately protect patient data."

Although the information revealed by these two surveys is anything but positive, that doesn't mean there's nothing you can do. To protect your practice, there are five key steps you can take:

1. **Prevention** – just as integral to data security as it is to your patients' health

2. **Monitoring your network** – so you know when and if your organization is under attack

3. **Management** – of passwords, applications, and staff policies

4. **Compliance** – it's your legal duty to be compliant with all rules and regulations in the industry, such as HIPAA

5. **Penetration testing** – find the holes in your security that a hacker could exploit, and close them

These are just the basics of what you should be doing if you run any sort of healthcare center. Protecting the data of your patients, both personal and financial, is of paramount importance; failure to do so will result in fines or, worse still, the loss of your reputation. IMS has years of experience in designing, deploying and maintaining IT services and solutions tailored for the healthcare industry. To learn more about how you can protect the data of your healthcare practice, get in touch with us today at 701-364-2718 or info@imsnetworking.com.

This entry was posted in General Articles A, General Healthcare IT and tagged 2015Sep24_HealthcareIT_A, cyber threat, data breach, hackers, Healthcare, monitoring, prevention, QS_3, statistics, studies. http://www.techadvisory.org/2015/09/the-truth-about-healthcare-security/

IMS Movie Review

One of our staff's favorite things to do when we're not saving the world (one computer at a time), is to catch the latest flicks on the big screen. Check out our short reviews of some recently released movies:

Jon – ***Black Mass*** – ★★★☆☆
Great acting from Johnny Depp playing James "Whitey" Bulger, infamous Boston gangster. I thought the story of Whitey was very interesting and from what I've read the movie followed history fairly accurately, as far as Hollywood goes.

Shiny New Gadget Of The Month:
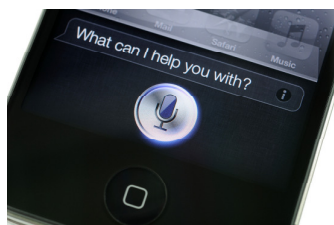
THE AMAZON ECHO: LIKE SIRI FOR YOUR HOME

It's not Rosie the Robot, but your first voice request to Amazon's new Echo moves you one step closer to living like the Jetsons… Think of it as a plugged-in version of Apple's Siri or Microsoft's Cortana.

This "smart" speaker in a 9¼ x 3¼-inch cylinder can order products, turn off lights, set a timer, look up and give you sports scores, read you a book from Audible and more.

You might even get it to tell you terrible jokes…

It won't replace a high-end stereo, but its sound quality compares with any Bluetooth speaker, and it can fill a good-sized room in your home.

Bottom line: Echo offers hands-free, at-home audio access to just about anything on the web, with better sound than a smartphone or tablet.

All in all, it can make your life easier. And maybe just a little more fun.

Apple Special Event (September 9, 2015)

Assuming you don't live under a rock, you've probably heard all about the latest Apple event where Apple announced the new Apple iPhone 6s, iPhone 6s Plus, and iPad Pro. But what has us at IMS really excited is the long await-ed refresh to Apple's "hobby" project known as the AppleTV. The 4th genera-tion AppleTV hasn't seen a hardware upgrade since the last model was re-leased in 2010. Here's a quick break down of the new features:

NEW remote control – The new touch-based remote controller also dou-bles as a gaming controller.

Siri integration – Many of you may be familiar with Siri, Apple's digital personal assistant. Siri makes her AppleTV debut, and the integration looks pretty amazing. For example, you could ask Siri, "Show me all movies starring Harrison Ford," and Siri would pull up movies star-ring Harrison Ford from Netflix, Hulu, Showtime, and HBO!

New "tvOS" operating system – This new AppleTV OS includes an app store and developers can now develop apps and games for your Ap-pleTV.

A8 processor – The new AppleTV comes with Apple's new A8 processor, which has 25% more CPU performance and 50% more graphics per-formance over the A7 processor, enabling developers to create beauti-ful, graphics intense games and apps.

The new AppleTV is set to ship in late October. Are you excited about the new AppleTV? Or are you more excited for the new iPhone or iPad? Either way, Apple's last event appears to be another great success!

Halloween Fun Facts

- Samhainophobia is the fear of Halloween

- The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl's call meant someone was about to die

- The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836lb. Pumpkin

- Ireland is typically believed to be the birthplace of Halloween

- Scarecrows, a popular Halloween fixture, symbolize the ancient agricultural roots of the holiday

Fun Facts were received from: http://facts.randomhistory.com/halloween-facts.html

Get More Out Of Your Laptop Battery

Even in today's world where electrical outlets are more numerous than ever before, there will still be times you need to push your laptop's battery to the edge. Ever wish you could buy yourself a few extra minutes by extending your battery life? Here are a few tips to help you get every last drop of energy from your laptop battery.

Dim the screen

The easiest way to conserve your battery is to dim the screen of the laptop. The screen eats up a lot of energy, and chances are you don't really need it that bright in the first place. The more you dim it, the more energy you will save. If you are desperate for battery life, turning it down to the lowest setting that still renders screen readable to you is the way to go. If you just want to conserve energy, taking it down to halfway will help conserve the battery and give you additional time down the road.

Stop charging your phone

It is almost second nature for people to charge their phones when they have a chance, but doing so while using your laptop can be a serious drain on its battery. If you need to maximize your laptop battery then unplug your phone, tablet or other device from it. You should see a big difference in battery performance almost immediately. In fact, it is best not to have any USB accessories, such as a wireless mouse, plugged in at all. These can also deplete your laptop battery in short order.

Only use what you need

While it's fine to keep open multiple programs, applications and other features when your laptop is plugged in, these will eat away at your battery life when you're away from a power socket. You should run a quick inventory on what you are using, and then close out of the rest. Do you really need to be running Skype if you are not talking to anyone? Probably not. Don't just push them into the background, though. Be sure to close out of them completely. By only running what you need, you can reduce the burden on your battery.

Shutdown Wi-Fi

Wi-Fi can be one of the biggest drags on a laptop battery, because it is constantly using energy to search for new networks or to stay connected to the one it's on. Not only that, but internet browsers, especially ones with multiple tabs open, can increase energy consumption. If you aren't using the internet, you should shut off the Wi-Fi and close out of any browsers. If you do need to use the internet, avoid opening multiple tabs, watching videos or streaming music.

Plan ahead

If you aren't sure when you will be able to charge your laptop again, it is best to implement some of these battery-saving techniques before the situation gets critical. Chances are if you aren't using certain apps now, you probably weren't using them 30 minutes ago either. The best way to conserve your laptop's battery life is by being vigilant and alert to usage in advance. It is almost always better to err on the side of caution when it comes to the battery life left on your laptop.

This article was posted in General Articles A |Tagged2015Sep16_Hardware_A, Battery Life, Conservation, Hardware, Laptop, QS_3, Save, Tips— http://www.techadvisory.org/page/2/

On A Side Note... Could Your Laptop Battery Revolutionize The Way We Drive?

If you like hot cars and green tech, you may have started hankering for a Tesla as far back as 2008...

Yet, aside from cool looks and speed, did you know the simple design edge that's putting Tesla in the spotlight?

Other car builders, like Nissan, GM and even Mercedes, have electric cars on the road. But they all use costly, high-tech lithium ion batteries.

Tesla, on the other hand, simply uses the type of batteries you have in your laptop – thousands of them...

With over a billion of these cells made every year, their design and pricing is driven by the same fierce competition that drives the consumer market.

And if Tesla Motors can put a car on the road with enough battery life, they may just revolutionize the way we drive – like Henry Ford's Model T did over a century ago.

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