

5 Simple Steps to  
*Protect*  
Your Practice





# Passwords

## Strong Passwords + Password Manager

*Most practices get hacked having guessable or previously compromised passwords. How many of you use Idex\*\*\*\* as your login to Cornerstone? Or when creating a password, you use the following formula?*

***Most commonly Hacked Password format: Password1!***

*When your password requires one upper case, one number and one symbol, you use the example above. You capitalize the first letter and then add the number one and an exclamation point to the end? This makes for a dream scenario for hackers. By using social engineering or a single crafty email they will be able to get your password. To make matters worse, your password then gets added to black market lists. This allows hackers to automate the hacking process with little to no effort.*

**Use a password manager** to create and manage your passwords. This is the first step to better internet security. Two favorite password managers are 1Password and Lastpass

<https://1password.com/>  
<https://www.lastpass.com/>





# Update, Update & Update Again!

*Software updates for the operating system, web browser, and software are the easiest thing to do that have the greatest return. This includes all PCs, laptop, tablets, and smart devices. They include critical security updates to keep you safe.*

## HACKERS ONLY NEED 1 WAY IN!

Keep in mind hackers only need to find one way in. While we are faced with the challenge of finding all possible entry points, there are convenient methods to schedule updates to minimize the impact on your practice including:

- **Schedule your Windows updates** to run after hours
  - [Here's a how to video](#)
- Work with your Cyber Security Vendor to **schedule security updates** for all applications across your network.
- Make sure to use the **same applications and versions** across all computers

## SINGLE GREATEST RETURN

Whenever Microsoft, Apple, Android or any other software vendor releases and update they always include security patches. Most hackers run tools to look for out of date versions of software on your network. This acts as a hole in the fence. Once inside that's when the trouble starts. The best thing you can do is patch the hole in the fence. If you do one thing in this book, this should be it!

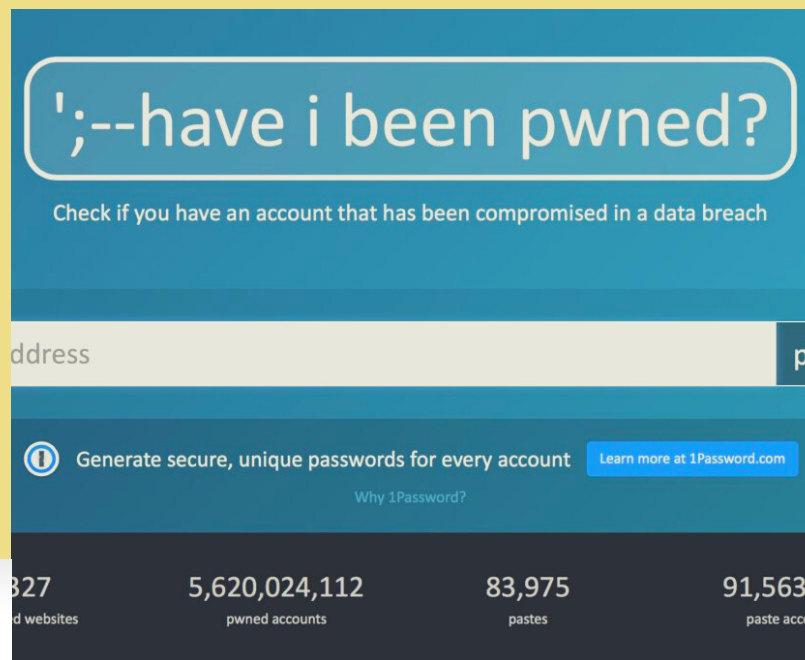


# Use these FREE tools

*Use these two free web tools regularly to protect your practice*

- **Have I Been PWNEED?** - [haveibeenpwned.com](https://haveibeenpwned.com)

A website that allows Internet users to check whether their data has been compromised by data breaches. The service collects and analyzes hundreds of database dumps and pastes containing information about billions of leaked accounts and allows users to search for their own information by entering their username or email address. Users can also sign up to be notified if their email address appears in future dumps. The site has been widely touted as a valuable resource for Internet users wishing to protect their own security and privacy.



- **Virus Total** - [virustotal.com](https://virustotal.com)

VirusTotal aggregates many security products and online scan engines to check for cyber security threats that the user's own antivirus may have missed, or to verify against any false positives. Before you open an attachment or file from any unknown source. Run it through this FREE website first. Every year hundreds of veterinary practices are hacked through the use of fake resumes. This is because we are always hiring. Like we mentioned before hackers only need to find one way in. This is an easy in for most practices.





# Schedule Staff Training

*Take time at least once a year to provide your staff with cyber security training. How can an employee recognize, report or eliminate a security threat if they do not know how to recognize it at the first place? They cannot.*

***The State of IT Security 2019, shows that email security and employee training are the top challenges faced by information technology (IT) security professionals.***

*Despite firewalls and other security software, employees are still the most common entry points for hackers. Take time and invest in your staff to keep your practice safe today.*



# data backup

## Data backup

### The biggest mistake I see practices making!

*At Lucca the first step whenever we look at a practice's data is how it is protected. How is it backed up, how often is it backed up and how fast can I recover the data?*

**Items to review:** Practice management system, Xray & Dental Images, and Accounting\HR information

*While better than nothing, backing up to a local hard drive alone is a weak form of data security. Hard drives fail, are susceptible to surges, and may be accessible to hackers who can encrypt and hold the data for ransom. A better way to backup your data is to a cloud system. Double up with a local hard drive backup and, if your drive fails or is locked, you can rely on the cloud as your fail-safe.*



#### **How fast can you recover your data?**

When was the last time you tested a data recovery? It's a good practice to test your backups regularly. This weekend run a test restore. How long did it take? What would happen if you had to recover data at 4 pm on a Monday? How long would your clients have to wait?

# ABOUT THE AUTHOR



## Clint Latham J.D.

Clint started his technology career as a support desk technician for a software development firm in Boulder, CO. There he worked his way up to a development position and then into development operations. Clint's career took a shift into the cloud architecture space helping financial firms keep their data confidential, ensuring the integrity of their data while also increasing availability to those who needed it most. Soon Clint would find his true passion, the Veterinary Industry. Clint worked as the CIO of an IT services company helping to manage the technology needs of Clinics all across the country. With two senior Yorkies, Clint (CJ) understands the need to have a trusted veterinarian to care for his family members. Clint's goal is to help uncover the mystery of data security for DVMs across the country so that they can focus on what is most important: quality care for our four-legged family members.



## Lucca Data Guard

*Click Here to 1 month  
FREE of the Lucca Data  
Guard service*



1. **Recover Practice Management data quickly**
2. **Leverage both local and Cloud backups for faster recovery**
3. **Ransomware Detection & Recovery**
4. **Restore your entire server in minutes not days**
5. **Backups as frequent as every five minutes**

