Less than 1/3 of Microsoft Users are Using Multi-Factor Authentication

Pretty shocking, right? We thought so too, but the data doesn't lie. Clearly, folks are not protecting their data. Without multi-factor authentication, unless you have a strong, unique password, it is not difficult for a threat actor to gain access to your information. And even if you maintain a strong password, if that password was used for multiple accounts and involved in a data leak, you're left just a vulnerable as someone with a weak password. Always implement multi-factor authentication anytime you can.

There are few things scarier than a breach or incident involving patient protected health information (PHI). Considering how the world is moving in a digital direction and electronic PHI (ePHI) is becoming more relevant, it is more important now than ever to protect our network and workstations. Noncompliance with HIPAA can result in significant judgements & substantial monetary penalties. According to IBM, the average cost of a HIPAA violation in 2022 was $10.1 million (and that's per organization, not overall). Furthermore, one can incur a willful neglect fine up to $50,000 for each incident of neglect; and neglect can be as simple as not doing proper yearly security training for your employees. The cost of implementing and ensuring security controls far under weighs the consequences of a ePHI breach.

Ways to Protect Your Home Network

1. Change your WiFi password from the one on the back of your router.
2. Change your default router password.
3. Set the encryption on your router to WPA2
4. Ensure your firewall is enabled.

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Perform Updates & Identify End-of-Life Equipment

Updates are pivotal and repair known security holes on your device. End-of-life equipment is no longer supported, so those security patches are never released.

Implement and Verify Backups

Did you know you can back up your own computer? You can use iCloud on a Mac device or an external hard drive for a Windows machine. Once your files are backed up, it is important to verify the health of those backups by routinely performing 'test restores'.

Ensure Software is Up to Date

Even though your operating system is up to date, that does not mean your software is. Web browsers also require updates. For example, when using Chrome, you may see an 'update' option in the top, right-hand corner once an update has been released.

Verify Network Health & Security

Folks commonly do not change their default WiFi or router password. It is important to not only change these default values, but also ensuring max levels of encryption and proper firewall rules.

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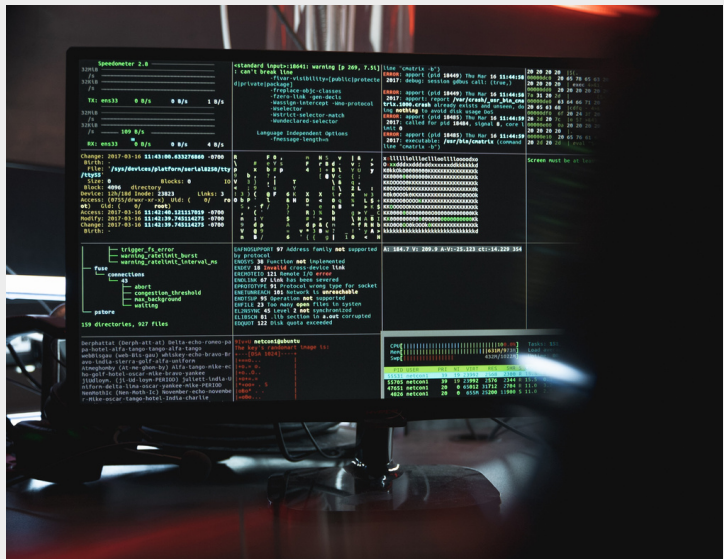
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