5 Security Policy Tips to Implement for a More Secure Practice

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Session Goals

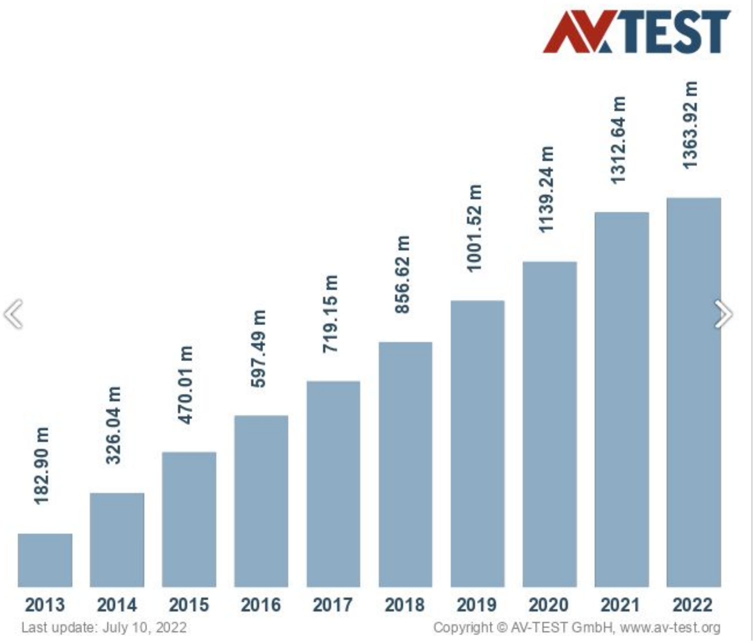
1. Current Trends
2. Why it is relevant for Pediatric Practices
3. 5 Tips to Tighten up your IT Environment

The best part of Cyber Security - For every obstacle there is a tool already created to solve the problem.

Cybercrime Statistics for 2022

153 Million New Malware Samples from March 2021 to February 2022 (5% increase on previous year)

Total malware



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Polymorphic Malware

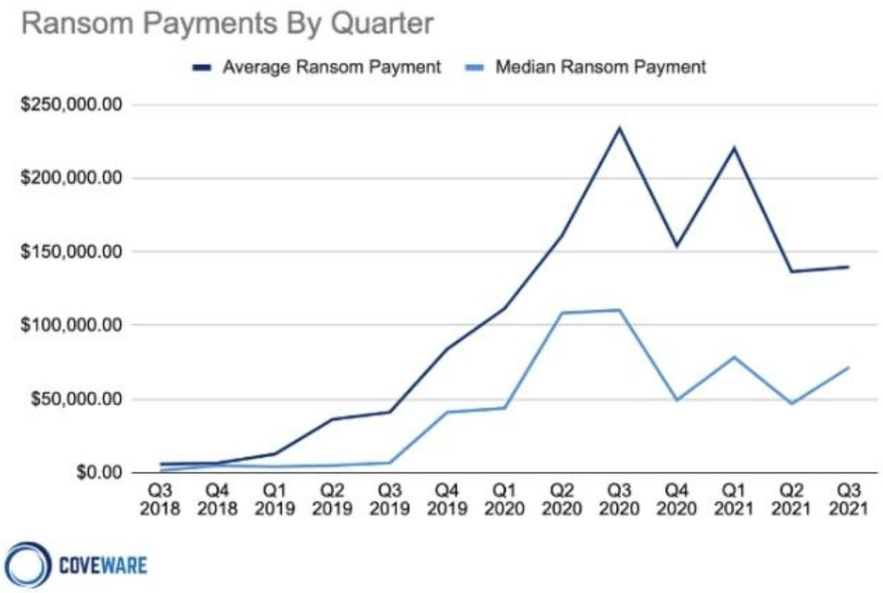
- In 2019, 93.6% of malware observed was polymorphic

  - Code has ability to constantly change its code to evade detection
  - What this implies with our traditional methods of preventing viruses into our environments

Return Intruders

- Almost 50% of business PCs and 53% of consumer PCs that got infected once were re-infected within the same year

Ransom Payments By Quarter



- Downtime is still the most dangerous impact of ransomware
- Why did the cost go down?

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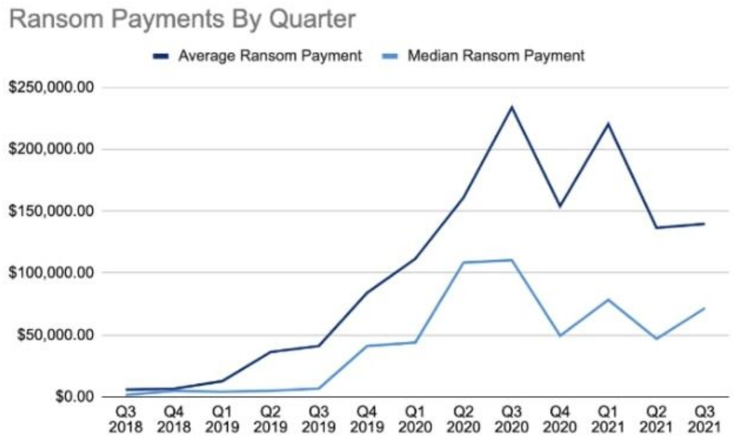

COVEWARE

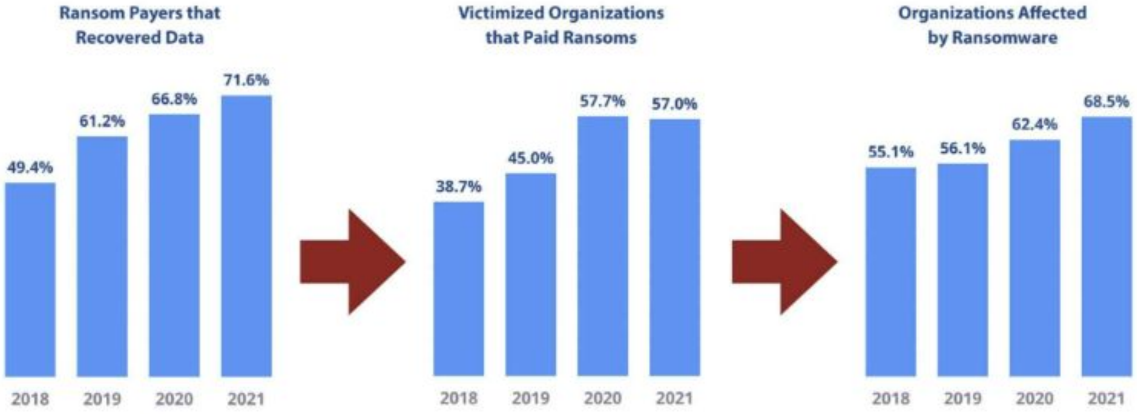

Figure 15: The ransomware vicious cycle: increased odds of recovering data … entice more victims to pay ransoms … which motivates more ransomware attacks.

Encrypted Communication Attacks

- Taking over Cloud Based Communication platforms

Phishing!

- Data illustrates there is no sign of slowing down in terms of effectiveness of phishing attacks.
- More than 30% of phishing attacks involve keyloggers

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The 12 most frequently-used subject lines in attacks are:

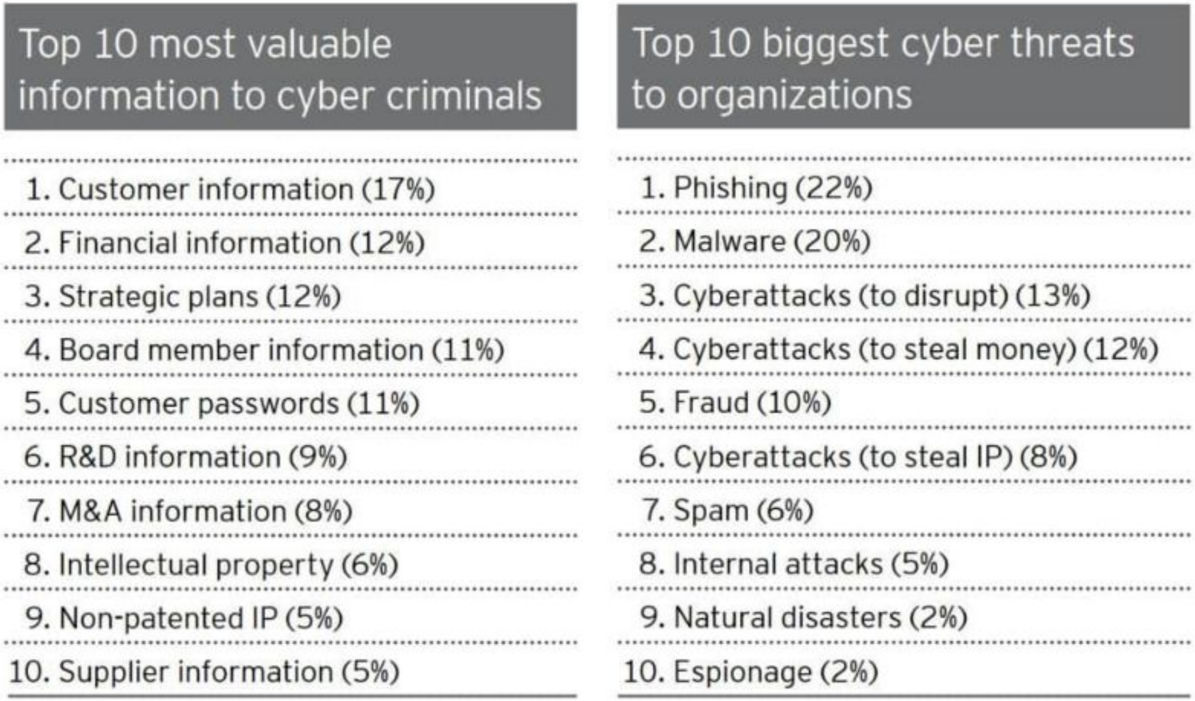
1. Request
2. Follow up
3. Urgent/Important
4. Are you available?/Are you at your desk?
5. Payment Status
6. Hello
7. Purchase
8. Invoice Due
9. Re:
10. Direct Deposit
11. Expenses
12. Payroll

Cybersecurity Spending

- Cybersecurity spending is defensive versus innovative
- 77% spent on risk and compliance
- 42% say risk reduction is the primary driver and 18% cite compliance or regulatory requirements as the key determinant

Healthcare IT Budget as a % of Operating Expenses

- Average of 3% - 4.5% to total revenue
- Organizations are spending 10.9% of their IT budget on cybersecurity compared to 10.1% in 2019. (Deloitte and FS-ISAC survey 2020)



Top 10 most valuable information to cyber criminals

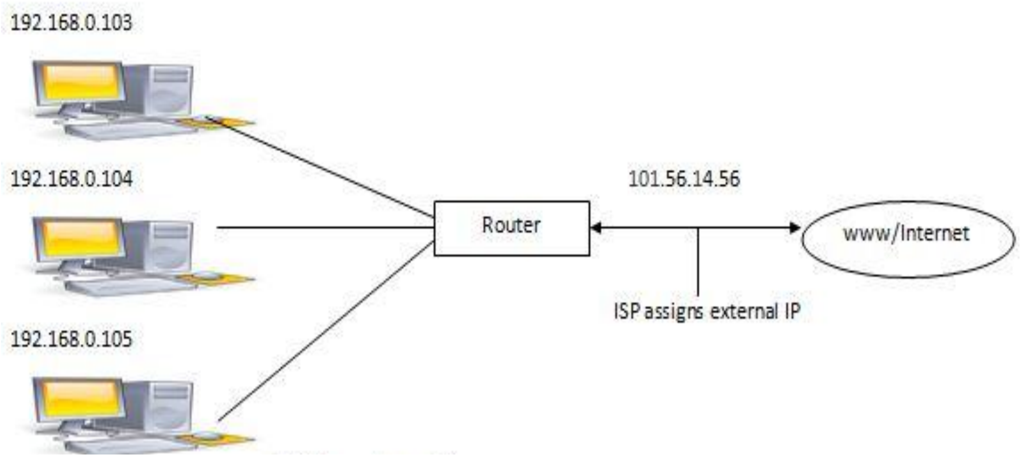
1. Customer information (17%)
2. Financial information (12%)
3. Strategic plans (12%)
4. Board member information (11%)
5. Customer passwords (11%)
6. R&D information (9%)
7. M&A information (8%)
8. Intellectual property (6%)
9. Non-patented IP (5%)
10. Supplier information (5%)

Top 10 biggest cyber threats to organizations

1. Phishing (22%)
2. Malware (20%)
3. Cyberattacks (to disrupt) (13%)
4. Cyberattacks (to steal money) (12%)
5. Fraud (10%)
6. Cyberattacks (to steal IP) (8%)
7. Spam (6%)
8. Internal attacks (5%)
9. Natural disasters (2%)
10. Espionage (2%)

But…. We’re Pediatrics why would they target us?

- Difficult to implement in the real world because of external facing IP addresses. These addresses do no identify a target as an essential organization



5 Tips to Tighten Up Your IT Environment!

- Don't reinvent the wheel… let's search for the tools already out there

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1. Password Protection

- Implement a Password Manager
- Creating a policy where organizational passwords are not allowed to be stored on individual google chrome browsers and individuals are no longer allowed to sign in with personal gmail accounts
- Google Chrome is now seen as a vulnerability since settings follow). The same applies for if staff use residential Microsoft accounts on edge.
- Recommended vendors: LastPass, Dashlane, ZohoVault, OneLogin

2. Mobile Devices

- If staff use mobile devices for work, ensure encryption/password locks are being enforced on devices (either via technology or policy)

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3. Cyber Security Training

- Conduct phishing campaigns regularly. Ensure it is engrained in the culture of every staff member!

- Recommended Phishing Simulation Companies (there are many): KnowBe4

Why phishing campaigns are successful

- Positive Reinforcement
- Individual Training
- Bite-sized training, not tedious e-learning

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4. Have a game plan

- Write out policies in preparation for a security incident or breach

1. Incident Response Plan
2. Disaster Recovery Plan

Incident Response Plan vs Disaster Recovery Plan

Incident Response Plan: An organized response to security incidents. It is an immediate response plan that starts immediately after an organization is aware of the security incident.

Disaster Recovery Plan: Focused on longer-duration impacts of incidents on an organization. Addresses prolonged disruptions to IT Services. Consider this a backup plan for any kind of major incident.

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5. Practice the Game Plan: Tabletop Simulations

- **A Cybersecurity Dress Rehearsal**
- **A Tabletop Exercise is a framework you can use to determine your response readiness**

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How to conduct a Tabletop Exercise

- **Step One: Identify your most frequent and painful threats**
- **Step Two: Create a real-world and practical scenario of how that incident impacted your environment**
- **Step Three: Identify a mediator and invite key stake holders into a meeting to run tabletop**
- **Step Four: Identify Threats and Weaknesses to current plan and address them**

Session Takeaways

1. Cyber Security continues to be evolving
2. Implementing best practices is important for all practices, even Pediatrics
3. 5 Minimum Tips to Tighten up your IT Environment

References

For copies of templates or information discussed today go here:

https://forms.office.com/r/rKmuzfmJB2

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