



COMPUTER DEPOT BUSINESS SOLUTIONS

Tech Bits and Bytes to Help You with Your Business

Computer Depot Inc. Business Solutions Newsletter

April 2023



Thomas Hill, President & Founder

"We work together to figure out tough issues, produce creative solutions, and knock out unpleasant tasks so that we can exceed expectations. It's called Team Focused Action and it's one of our core values."



TRIVIA

CONGRATULATIONS

Chuck Shrader

from

American Magnetics, Inc.
who knew that the first mouse had one button and was made of wood.



TURN TO PAGE 3 FOR THIS MONTHS TRIVIA



Understanding Cybersecurity Compliance Standards

There is an endless number of things a business owner should do for their business to be successful. They must develop a product or service that can attract customers, hire and train a team to oversee day-to-day operations, implement marketing strategies and so much more. While all these tasks are essential for your business to be profitable, your business will never get off the ground if you aren't compliant with standards that affect your industry.

Compliance standards are guidelines or rules that organizations must follow to meet legal, regulatory or industry requirements. These standards are designed to ensure organizations ethically conduct business - by protecting the rights and interests of their customers, employees and other stakeholders. When an organization does not maintain its compliance standards, it will be met with fines, legal action and other penalties.

Many compliance standards that apply to most organizations involve sensitive information protection. Here are a few examples.

National Institute Of Standards And Technology (NIST)

The NIST is a nonregulatory agency of the United States Department of Commerce that promotes innovation and industrial competitiveness. As a business leader, you must be aware of the various cyber security standards and guidelines set by the NIST. One such standard is the NIST Cyber Security Framework, a voluntary framework that provides a way for organizations to better manage and reduce cyber security risks. It's built on the following five core functions:

- **Identify**
It's vital to understand the organization's cyber security risks, assets and the people responsible for them.
- **Protect**
Implementing the necessary safeguards to protect the organization's assets from cyberthreats can shield companies from increasing risks.

- **Detect**
It's important to detect when a security incident occurs. This function includes activities like monitoring network traffic and reviewing logs.
- **Respond**
By responding to security incidents as they occur and containing the incidents, people can eradicate the threat and recover from it.
- **Recover**
After a security incident does occur, organizations must know how to restore normal operations as well as their systems and data. This process often helps people understand the importance of implementing safeguards to ensure similar incidents do not occur in the future.

covered entities, such as health care providers and health plans, to ensure the privacy and security of PHI. The Security Rule and the Privacy Rule are the two main sets of regulations under HIPAA that covered entities and their business associates must follow. The Security Rule sets standards for protecting the confidentiality, integrity and availability of electronic PHI and requires covered entities and business associates to implement certain administrative, physical and technical safeguards. On the other hand, the Privacy Rule sets standards for the use and disclosure of PHI and gives individuals certain rights concerning their PHI - such as the right to access their PHI and the right to request their PHI be amended. Failure to comply with HIPAA can lead to significant financial penalties, reputational damage and, in some cases, the loss of a license to practice medicine.

Cybersecurity Maturity Model Certification (CMMC)

The CMMC is a relatively new set of compliance standards developed by the Department of Defense to protect Controlled Unclassified Information. The CMMC is mandatory for all DoD contractors and subcontractors that handle CUI. This is a tiered certification system with five levels of maturity. Each level has a specific set of practices and processes that organizations must

"THANK YOU for taking such good care of me and my business. Your team worked diligently to get me up and running for tax season. My tax software is working and printing fine now too. You guys are awesome and I truly appreciate you and your computer knowledge."

Teresa Lipham
Tick Tock Tax Service



Health Insurance Portability And Accountability Act (HIPAA)

The compliance standards set by HIPAA are some of the most well-known as they pertain to protecting personal health information (PHI) in the United States. HIPAA requires

"Your business will never get off the ground if you aren't compliant with standards that affect your industry."

implement to achieve certification. As a business leader, you should be aware of the CMMC and the specific level your organization will need to achieve to comply with the DoD contract requirement. CMMC certification is audited and managed by a third party. Keep in mind that getting this certification will take ample time and effort. You'll need to implement robust security protocols and practices that may not have been in place before. These are just a few compliance standards that may be required in your industry. Complying with these standards will help protect your business, customers and employees.

Do You Safeguard Your Company's Data And Your Customers' Private Information BETTER THAN Equifax, Yahoo and Target Did?



If the answer is "NO" - and let's be honest, the answer is no - you are leaving yourself and your company open to massive liability, millions in fines and lost business, lawsuits, theft and so much more.

Why? Because you are a hacker's #1 target. They know you have access to financials, employee records, company data and all that juicy customer information - social security numbers, credit card numbers, birth dates, home addresses, e-mails, etc.

Don't kid yourself. Cybercriminals and hackers will stop at NOTHING to steal your credentials. And once they have your password(s), it's only a matter of time before they destroy your business, scare away your customers and ruin your professional and personal life.

Why Not Take 4 Seconds Now To Protect Yourself, Protect Your Company And Protect Your Customers?

Our 100% FREE and 100% confidential, exclusive CEO Dark Web Scan is your first line of defense. To receive your report in just 24 hours, visit the link below and provide us with your name and company e-mail address. Hopefully it will be ALL CLEAR and you can breathe easy. If your company, your profits and your customers are AT RISK, we'll simply dig a little deeper to make sure you're protected.

Don't let this happen to you, your employees and your customers. Reserve your exclusive CEO Dark Web Scan now!

Get your free Dark Web Scan TODAY

<https://www.ComputerDepotBusiness.com/dark-web-scan>

Get your FREE "Cyber Security Tip of the Week" at www.ComputerDepotBusiness.com/drip-tips/ Or Call Melissa at (865) 909-7606




**ARE YOU
HIPAA
COMPLIANT ?**

**COMPUTER DEPOT
Business Solutions**

HIPAA FACTS

*Protect Your Practice
from HIPAA Violations*

**Top 3 Causes of
Data Breach**

-  Employee Action
-  Third-Party Error
-  Lost or Stolen Devices

The average cost
per lost record:
\$401

HIPAA Fines Can Range From
\$100-\$50,000

 **67%** of healthcare organizations plan to spend money on HIPAA audit services.

Want to avoid a data breach and validate your compliance?

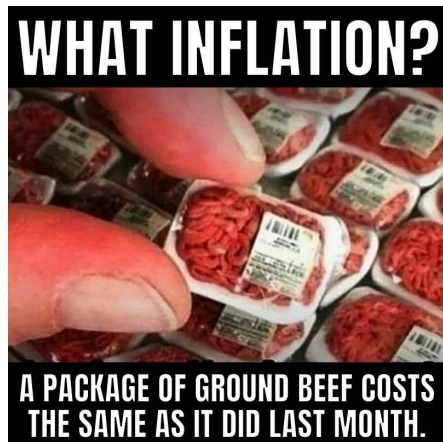
Call us today: 909-7606



Let Your Employees Know You Care With These 3 Tactics

If an employee is unhappy working for your company or doesn't feel appreciated by their leadership team, they will search for a new job. This has left many leaders questioning what they can do to show their employees they actually care about them and their well-being. Here are a few different ways to show your team you care.

- Growth Opportunities**
Most employees want to work somewhere with the potential for advancement. It's important to connect with your employees through one-on-one meetings so you can determine how they want to grow professionally and personally.
- Foster A Supportive Work Environment**
Nobody wants to work at a business where they don't feel accepted, supported or appreciated. Go out of your way to create an inclusive environment and give your team a sense of belonging.
- Recognition**
Your employees want to hear about it when they do well. Don't be afraid to recognize them when they're doing a great job. Simply thanking your employees for their hard work can go a long way toward improving overall morale.



For Obvious Reasons Cyber Attacks Hit Medical Records

Electronic health records (EHRs) are the most valuable type of stolen personal data, according to the U.S. Department of Health and Human Services (HHS) Cybersecurity Coordination Center in a recent threat brief. Why? Think about it. What kind of information does your Health Professional ask you for every time you visit? EHRs



Congratulations and Thank You!

Lindsey Wondolowski with Knoxville Family Psychiatry is a board certified Psychiatric Mental Health Nurse Practitioner and our Q1 Cybersecurity Hero. We are pleased to recognize her for demonstrating good cybersecurity behavior, especially with email! Do you want to be a Cybersecurity Hero? You can get started by reading our weekly cybersecurity tips. If you are not already getting these valuable updates, simply email Melissa at MCollins@computerdepotonline.com.

This Month's

TRIVIA

Who said this in 2004? "Two years from now, (email) spam will be solved"

Email your answer to RHill@ComputerDepotOnline.com

A winner is randomly selected from all correct responses.

April 22
Happy Earth Day

Unless someone like you cares a whole awful lot, nothing is going to get better, it's not

- The Lorax


contain a wealth of protected health information that can include names, birth dates, social security numbers, addresses, account numbers, email addresses and more -- information that can be used to open credit cards or obtain fraudulent loans. HHS estimates that nearly **50 MILLION** patient records were compromised in 2022.



April 2023



Look What's Inside...

- **Understanding Cybersecurity Compliance Standards**
- **Meet A Cybersecurity Hero**
- **Hurry-You could WIN this month's Trivia and this** 
- **Cyber Attacks Hit Medical Records**
- **Your Employees Will Know You Care With These**
- **Don't Ignore This If You Want To Keep Yourself At The Top Of Your Game**

COMPUTER DEPOT BUSINESS SOLUTIONS - AFFORDABLE IT HELPDESK AND CYBER SECURITY SUPPORT IN 20 MINUTES OR LESS

Keeping Your Business Fit and Healthy Starts With You

We all know that when running a business, it can become challenging to find the time to maintain your health and the energy needed to keep going. Physical and mental well-being go hand in hand and it's important to devote a few extra minutes of time to yourself each day to ensure that you are able to stay at the top of your game. Two often overlooked, underappreciated, yet easy things to do daily is warm up and stretch.

Whether you are going to play a sport, lift weights at the gym, or do an exercise routine, you'll be better at it -- and less likely to hurt yourself -- if you warm up first. One caution: Stretching is not warming up. Before you stretch, warm your muscles with a low-intensity activity, such as walking, while gently pumping your arms. For a specific sport, use the muscles and joints involved, moving in slow, circular movements both clockwise and counterclockwise.

End the warm-up with a few minutes of aerobic activity before stretching.

Realize that it takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds, or up to 60 seconds for a really tight muscle. If you hold the stretch for this long, you only have to do it once.

Here's how to start.

* Do an easy stretch for the first 15 seconds. Stretch just to the point where you feel a mild tension. The tension should be comfortable -- not painful -- for these 15 seconds.

* Then stretch a fraction of an inch farther until you feel the mild tension again. If you feel pain, you have stretched too far. Back off to the point where the pain is gone and hold your stretch there.

Remember to breathe. Exhale as you go into the stretch. Breathe slowly and evenly as you hold it.

If you warm up and stretch correctly, you'll get more out of your game or your exercise routine. When you are physically and mentally better, you are better for your team and your business.

Contact Us

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