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Checklist

Cybersecurity Hygiene Checklist for Healthcare Organizations

Empower your organization to proactively manage cybersecurity and compliance risks, leveraging cutting-edge tools and expert services from Omega Systems and Morphisec.

This checklist provides actionable tips to help your organization improve its security posture by proactively securing systems, improving compliance and enhancing operational efficiency. Discover how Omega Systems and Morphisec can support these initiatives and help you strengthen your cybersecurity defenses.

General Preventative Precautions for Reducing Risk

Secure Access and Authentication

- □ Implement multi-factor authentication (MFA) for all users accessing critical systems and sensitive data.
- □ Enforce strong password policies, with regular updates and complexity requirements.
- □ Use Omega's Managed IT Support for 24x7 monitoring to ensure secure user authentication and prevent unauthorized access.
- □ Integrate Morphisec's Automated Moving Target Defense (AMTD) technology to protect against credential theft and advanced threat vectors.

Protect Data and Systems

- □ Encrypt sensitive data in transit (using SSL/TLS) and at rest, ensuring compliance with HIPAA and other regulatory requirements.
- □ Leverage Omega Systems' Backup & Disaster Recovery Services to protect business-critical data and ensure rapid recovery in case of ransomware or system failure.
- □ Add Morphisec's Anti-Ransomware Assurance Suite to stop ransomware attacks at the endpoint before encryption occurs.
- □ Conduct regular vulnerability assessments using tools like Omega's Vulnerability Management Services to identify and remediate hidden security gaps.

Network Security

- □ Use firewalls and intrusion detection/prevention systems (IDS/IPS) to monitor and secure network traffic.
- □ Segment networks to separate critical systems, like EHRs and medical devices, from less secure areas.
- □ Deploy Omega Systems' Managed Detection and Response (MDR) for 24x7 advanced threat monitoring and incident response.
- □ Incorporate Morphisec's runtime memory protection for enhanced mitigation against lateral movement and advanced persistent threats (APTs).

Medical Device Security

- □ Identify and inventory all connected medical devices and their software versions.
- □ Isolate medical devices on a dedicated and segmented network.
- □ Use Morphisec's Preemptive Cyber Defense to stop attacks targeting medical devices and operational technology systems.
- □ Apply security patches or firmware updates to medical devices whenever possible.

Employee Awareness and Training

- □ Conduct phishing simulations and provide training on recognizing and reporting suspicious emails or messages.
- □ Provide ongoing cybersecurity awareness programs tailored to healthcare-specific risks.
- □ Use Omega's Cyber Awareness Training to engage employees with interactive exercises and fortify your "human firewall."
- □ Educate staff on the importance of compliance with HIPAA and other regulatory frameworks.

Principle of Least Privilege

- □ Develop an incident response plan that outlines procedures for detecting, containing, and recovering from cyberattacks.
- □ Test and update the incident response plan regularly using tabletop exercises.
- □ Leverage Omega's in-house Security Operations Center (SOC) for rapid resolution and forensic analysis of security incidents.
- □ Use Morphisec's Infiltration Protection to stop data encryption, protect system recovery processes, and prevent credential theft during incidents.

Third-Party and Supply Chain Security

□ Evaluate third-party vendors using Omega's IT & Cybersecurity Risk Assessments to ensure they meet security standards.

□ Include cybersecurity requirements in vendor contracts, such as breach notification and data protection measures.

□ Monitor third-party systems and access points to detect vulnerabilities or misuse using Morphisec's Adaptive Exposure Management solutions.

Regulatory Compliance

□ Regularly review and ensure compliance with HIPAA, HITECH, and any other applicable regulations.

□ Conduct periodic HIPAA compliance assessments to identify gaps in security using Omega's Managed IT Compliance Services.

□ Maintain detailed documentation of security policies, procedures, and audit logs for regulatory purposes.

□ Utilize Morphisec's Preemptive Cyber Defense platform to reduce compliance-related risks by proactively preventing advanced attacks.

Advanced Security Technologies

□ Deploy Morphisec's Anti-Ransomware Assurance Suite to protect endpoints against advanced ransomware and zero-day threats.

□ Integrate Omega's Endpoint Detection and Response (EDR) tools to monitor and respond to threats in real-time.

□ Use Morphisec's AMTD (Automated Moving Target Defense) to prevent memory-based attacks and runtime exploits that bypass traditional security measures.

□ Implement deception technologies, like Morphisec's honeypots, to divert attackers and alert security teams.

Continuous Improvement

□ Regularly update cybersecurity strategies based on emerging threats and industry trends using insights from Omega Systems.

□ Participate in threat intelligence sharing with organizations like Health-ISAC to stay ahead of cybercriminal tactics.

□ Use Morphisec's tailored recommendations and analytics to adapt defenses to your specific business context.

□ Schedule routine penetration testing to identify and remediate vulnerabilities in both IT and medical environments.

Strengthen your organization's security posture with Omega Systems and Morphisec

Healthcare facilities are prime targets for cyberattacks due to the sensitive nature of patient data and the critical need for system availability. As threats evolve, organizations must continuously improve their security posture by adopting industry best practices and leveraging trusted security technology and service partners.

- Omega Systems provides proactive IT and security solutions, like 24x7 monitoring, compliance automation, and disaster recovery, ensuring healthcare organizations can operate efficiently while staying secure and compliant.
- Morphisec offers preemptive cybersecurity powered by Automated Moving Target Defense (AMTD), stopping sophisticated attacks that bypass traditional cybersecurity and endpoint solutions while reducing costs and false positives.

Together, Omega Systems and Morphisec can help your organization mitigate cyber risks, protect sensitive patient data, and achieve operational resilience.

Contact your Omega or Morphisec representative today to learn how you can transform your defenses and improve your security posture.

MORPHISEC

See Morphisec in action

Stop ransomware with our Preemptive Cyber Defense Platform

Get a demo

About Morphisec

Morphisec is the trusted global leader in prevention-first Anti-Ransomware protection, redefining cybersecurity with our industry-leading Automated Moving Target Defense (AMTD) technology. Our solutions are trusted by over 7,000 organizations to protect more than 9 million endpoints worldwide, stopping 100% of ransomware attacks at the endpoint and safeguarding businesses against the most advanced and dangerous threats, including zero-day exploits and ransomware.

At Morphisec, we don't just fortify defenses – we proactively prevent attacks before they happen, delivering unmatched protection and peace of mind to our customers. With our Ransomware-Free Guarantee and commitment to Preemptive Cyber Defense, we set the standard for accountability and innovation in the fight against modern cybercrime.

As a rapidly growing company, we are dedicated to empowering security professionals and organizations to adapt, protect, and defend against ever-evolving threats. Join us in shaping the future of cybersecurity with prevention-first strategies and unparalleled expertise.

To learn more, visit morphisec.com/demo