



# Securing the health of healthcare organizations

**Healthcare is vital to individuals, communities, and nations worldwide. So vital, in fact, that the United States government named it as one of 16 critical infrastructure sectors whose continuous operation is essential to the country's security, economy, and public health and/or safety.**

One of today's biggest threats to organizational continuity is cybercrime, and healthcare has been hit hard. It has the highest average data breach cost in the world — a staggering USD \$10.1 million<sup>1</sup> — and the longest breach lifecycle of any industry, at 329 days to identify and contain a breach.<sup>1</sup>

Ransomware in particular poses a huge risk, not only to finances but to patient safety. In a recent survey, healthcare organizations reported delays in procedures and tests resulting in poor outcomes **(64% of respondents)**, longer lengths of stay **(59%)**, and increased mortality rates **(24%)** as the result of a ransomware attack.<sup>2</sup>

## Same old challenges in a new landscape

IT still has an urgent mandate to protect patient privacy and sensitive data for quality care and regulatory compliance. Healthcare is also facing new challenges. With hybrid healthcare, the perimeters of hospitals go beyond clinic walls. The industry is faced with more sophisticated and frequent attacks. The complicated security landscape can contribute to inefficiency and clinician burnout.

## The best (cyber) defense is a good offense

To protect patients and care providers, healthcare organizations need to do more than simply react to cyberthreats. Detection alone isn't enough. You need security that's proactive, automated, and smart enough to self-heal.



Smarter technology for all





# Lenovo ThinkShield

Lenovo ThinkShield delivers complete protection wherever and whenever care happens — solutions you can rely on with the technology integrity, device protection, and access control healthcare demands.

ThinkShield technology adapts as the threat landscape changes. It's built into Lenovo hardware, integrated with software from our best-in-class partners, and includes tailored, end-to-end global services. Pair Lenovo ThinkShield-protected solutions with the following cross-industry best practices to build cyber resilience and close security gaps.

## Best practice:

### Build an end-to-end security-aware culture

When thinking about security, consider the whole lifecycle of your technology, from manufacturing and shipping to user experience and device management through end of life.

### Adopt a Zero Trust model

Prevent unauthorized access with no user or device recognized by the network unless it's verified.

**Only 8%** of respondents in a recent healthcare survey had Zero Trust solutions across their enterprise.<sup>3</sup>

### Provide training

Educate everyone on cybercrime, email safety, device hygiene, and attack protocols. Security awareness training for clinicians and staff on ThinkShield-protected devices like the ThinkPad® T14 Gen 3, powered by the Intel vPro® platform, help your organization reduce vulnerability and risk.

### Develop an incident response (IR) plan

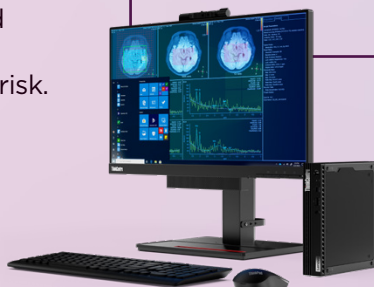
Develop a comprehensive plan, required in the US for HIPAA compliance, that clearly documents policies and procedures for identifying, tracking, and containing security incidents. Then, like a sports team, practice regularly!

Within the US, HIPAA covered entities must provide notification following a breach of unsecured protected health information (PHI). **Visit** the US Department of Health and Human Services to learn more.

Healthcare organizations outside the US should consult their federal requirements for reporting breaches involving PHI.

### Partner with Lenovo for:

- ✓ Transparent Zero Trust supply chain
- ✓ Built-in security from the chip level up on devices like the ThinkCentre® M70q Tiny desktop, powered by the Intel vPro® platform
- ✓ Physical device privacy protection features and multifactor authentication



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## Best practice:

### Deploy proactive security that adapts

Look for solutions delivering endpoint resilience and protection that evolve as security threats change.

### Adopt artificial intelligence and machine learning-based security

Get real-time detection and response, gain visibility into your IT environment, and extend the reach of your IT teams.



Organizations using AI/automation had a 74-day shorter breach lifecycle and saved an average of USD \$3 million more than those without it.<sup>1</sup>

By leveraging Intel vPro,<sup>®</sup> Lenovo ThinkShield safeguards all the physical layers of a device, building protections for holistic and comprehensive security coverage.

### Encrypt all data from end to end

Safeguard data from intruders. Encrypt data in transit and at rest so sensitive information can be safely shared — whether it lives on a device, a hard drive, or in the cloud.

### Audit data provenance and ownership

Verify the lineage of clinical data to ensure trustworthiness.

### Partner with Lenovo for:

- ✓ AI-driven real-time detection and response
- ✓ Configurable, full-scale encryption solutions
- ✓ Automated patch management that makes it easier to secure mobile devices like the ThinkPad<sup>®</sup> X13 Yoga, powered by the Intel vPro<sup>®</sup> platform



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## Best practice:

Technology resource management

### Choose a trusted partner with full-lifecycle device protection

Vet your vendors to ensure their security practices and technology are in line with your security goals and expectations.

### Adopt collaborative workspaces

Create digital workspaces where clinicians, staff, and administrators can securely access applications, files, and other resources to collaborate from anywhere.

### Securely dispose of devices at end of life

Responsible asset recovery and disposal is not only good sustainability practice, it also ensures your data is secured end to very end.

Lenovo ThinkShield solutions are engineered to reduce IT workloads and boost clinician productivity as threats evolve. Our security experts are continuously working to enhance ThinkShield's protections and optimize the ways it can be adapted to meet healthcare's unique needs.

**When you're ready, we're here to help. Contact your Lenovo Account Executive or Business Partner and visit [www.lenovo.com/Health](http://www.lenovo.com/Health) to learn more.**

### Partner with Lenovo for:

- ✓ **Insight and guidance for security and digital transformation**
- ✓ **Tailored end-to-end services delivered globally**
- ✓ **Lenovo Asset Recovery Services**



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# Checklist

## Note to self: Ask (and answer) these questions

Here's a checklist of things to consider as you get ready to beef up your organization's cybersecurity.

### End-to-end security-aware culture

- How much do you know about your technology vendors' supply chains and security practices?
- Are you educating your people about cyberthreats, email and internet best practices, device hygiene, and attack protocols? 71% of organizations said the typical initial point(s) of compromise were phishing.<sup>3</sup>
- Do you have an incident response plan?

### Proactive security that adapts

- Is your security integrated? Built into devices? Is it compatible with your hardware and software?
- How could a security solution with AI, ML, and automation help your IT teams manage short-staffing and skill set issues?
- Do you encrypt all your data across the organization — at rest and in transit?

#### Sources

- 1 IBM, Cost of a Data Breach Report, 2022
- 2 Ponemon Institute, "Cyber Insecurity in Healthcare: The Cost and Impact on Patient Safety and Care," September 2022
- 3 The Healthcare Information and Management Systems Society (HIMSS), "2021 HIMSS Healthcare Cybersecurity Survey," 2021
- 4 AM Best, "Best's Market Segment Report: Ransomware and Aggregation Issues Call for New Approaches to Cyber Risk," 2021

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### Technology resource management

- Is it time to reevaluate your technology vendor(s)? Do you have a trusted advisor relationship? Do they focus on the level of security healthcare demands?
- In a recent healthcare survey, more than 95% of respondents said they had made changes to their cyberdefenses to improve their cyber insurance position.<sup>4</sup> How would stronger cybersecurity strengthen your ransomware position?
- How do you currently handle assets at end of life?

Lenovo ThinkShield helps IT leaders modernize their organization's cybersecurity and be proactive in a landscape of shifting security risks. Keep your organization prepared and protected.

Visit [www.lenovo.com/Health](http://www.lenovo.com/Health)



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