

CYBER HYGIENE PREVENTIVE CARE



Procedures that, when performed regularly, maintain the health and security of users, devices, networks and data and support compliance requirements such as PCI, HIPAA and ISO 27001. Like an illness, cybersecurity incidents infiltrate your network, bypassing anemic defenses and wreaking havoc on internal operations. Many companies invest in security measures to detect data breaches, but fewer are following a preventive care approach. Assessing cybersecurity hygiene as part of an ongoing risk management strategy can serve the same function as an annual doctor's appointment — early detection can prevent larger problems.



1) CYBER RISK ASSESSMENTS

Like an annual physical, periodic assessments of your cybersecurity infrastructure can help inform your preventive care plan and pinpoint emerging sources of vulnerability.

2) USER AWARENESS TRAINING

Diet and exercise are key to physical health. For cybersecurity health, employees should be trained to follow your organization's data breach prevention and response procedures.

3) INCIDENT RESPONSE PLAN

Having an incident response plan is like knowing the right treatment when you get sick; it can improve recoverability, and limit the severity and duration of the incident.

4) BACKUP FILES

Managed and offline backups protect your data from common cyber threats so that when your systems are infiltrated, you don't have to stop operations while trying to recover your systems or data.

5) MULTIFACTOR AUTHENTICATION (MFA)

MFA makes accessing your systems and information harder for the average criminal. The less enticing you are as a target, the more likely that thieves will choose another victim.

6) NETWORK MONITOR & LOG RETENTION

24x7 monitoring enhances protections against cyber attacks by rapidly identifying data breaches, infections, or potential disruptions, while retaining logs for analysis and compliance.

Blackswan Cybersecurity Improves Your Cyber Hygiene and Fortifies Your Defenses:

- Annual IT Risk Assessments
- Frequent User Awareness Training
- Annual Incident Response Tabletop Exercises
- Frequent/Ongoing Vulnerability Assessments
- 24x7 Monitoring and Response Capabilities