



WHITE PAPER: Data Backup Service for Healthcare Practices

PractiSafe:

**A Digital Data Backup Service
Versed in Practice Management Protection and
Restoration**

Summary: Total Practice IT introduces a managed data backup service focused on practice management software backup and recovery for healthcare provider offices. PractiSafe™ provides economical, reliable, and fast data backup and restoration services to maximize business continuity and minimize disaster recovery.

*Can your
practice recover
from a network,
server, or
application
failure? Are you
sure?*



It doesn't have to be complicated.

The ability to preserve your practice's critical management data and to rapidly recover from network, hardware, or software failure is a treatment you can rapidly and affordably achieve.

Hosted data backup addresses the need for offsite digital content storage, enabling protection from disruption to your facilities. However, hosted solutions are typically designed for broad market applications and require you to configure and manage which information is sent to the remote repository. Due to the complexity of practice management software structure, it's not uncommon to discover that practices frequently overlook specifying the entirety of business and patient data when they configure data storage backup. The result is that the practice operates in an unprotected state with only a portion of critical information routinely backed up. A hard-disk-drive or server failure would result in a severe business outage due to the inability to recover the production state.

PractiSafe is focused on ensuring business continuity for your practice because we leverage our application knowledge of healthcare practice management software to ensure the correct content is backed up. Moreover, no software is required to be installed on your systems.

How long will it take you to get "back in business" after a disaster? How many patients are affected during that time?



Get back to where you once belonged.

How do you get your data back? How long does it take to get your data back? Can you restore your practice management environment afterwards?

The reality of offsite hosted data backup is the internet just doesn't care very much about your business continuity. The time to retrieve a 4GB database from a remote hosted server back to your local server is dependent upon two major bottlenecks.

First, the access speed of the link from your office is typically 500 to 1.5Mbps. This implies that a download of a 4GB database requires at least 5.9 hours.

Second, the access bandwidth at the remote server represents another bottleneck because hosted services require infrastructure sharing of computing and networking resources across many other users and applications. This means that the speed with which data can be sent to your office is constrained by the data center provider and typically results in lower transfer rates.

The implication is that the risk for increased downtime for your practice office(s) may actually be worsened by hosted backup at remote sites.

Because we are focused on servicing the specific needs of our healthcare provider clients, PractiSafe minimizes recovery of your practice following a severe failure by

Effortless data backup means less energy and time allocated to this mundane task; "likelihood" just turned into certainty



combining both local online data storage backup along with remote nearline data storage backup. This best practice ensures three-fold benefits for your enterprise:

- Rapid recovery from a localized network attached storage server
- Assured recovery due to catastrophic failure at your office (such as fire, flood, or theft) by access to offsite remote data storage backup
- Automated recovery for your practice by assuring that the right information is backed up
- Simple point and click recovery of your practice data; no new user interfaces, tasks, or operations to perform for data recovery
- Effortless, automated data backup

Turning Your To-Do list into Ta-Da's.

Let's face it. You have enough tasks in managing your practice, entering your patient notes and treatment plans, and insurance processing. The idea of "do-it-yourself" digital data storage is brave and economical, but not very practical.

Attaching, detaching, and physically transporting / securing external hard-disk-drives just means that you're expending extra effort. This approach leaves you prone to missing backups, to losing the content (due to theft, accident, or negligence), and to losing time at the start and end of the day through additional tasks that are not value-added.

*Economic,
simple, worry-
free – the right
prescription that
lets you focus on
your patients,
not your practice
management
data*



PractiSafe enables an automated, failsafe, responsive solution that requires no additional time or effort from you. No need to designate a staff to remove and secure the storage. No need to worry about missed backups or full disks or tapes. No need to worry about HIPAA or health record liabilities due to potential exposure while physically transporting data offsite.

PractiSafe continually provides backup of your critical practice management data without any interaction from your or your staff. PractiSafe provides you with reports on status, age, capacity, and trending of your information along with control over the lifetime of your data to ensure that the right information is being retained.

All without any extra time, effort, or worry. Strike that one off your to-do list!

What Price For This Assurance?

TotalPracticeIT understands your continual desire to balance the overhead of practice management while continuing to provide the best care for your patients.

That's why the PractiSafe is designed to provide an economic, simple, worry-free, and reliable service for you.

At a maximum of \$2 per GB, PractiSafe immediately distances itself from alternative solutions. Adding in the dual benefits of local/online and remote/near-line storage backup distinguishes PractiSafe from hosted

solutions by enabling faster recovery access. Finally, by providing an informed practice-management-centric diagnosis that ensures the right content is being backed up leads to the most reliable business continuity solution for you.

Get Started Today.

Total Practice IT will get you started in 3 easy steps:

First, call to arrange a free consultation. We will go over your particular practice management application, help you identify the key information that is critical to recovery, and map out a plan that accommodates your practice's data storage requirements.

Second, install the PractiSafe appliance. This is a very simple process. Just connect the appliance into your network and we will help you set-up read-only file-sharing for your critical folders. Access to the PractiSafe appliance is read-only so that you can never accidentally corrupt or lose your practice data. Moreover, our solution is *agentless*: No software is installed on your server! We will leave the appliance at your site for a free 30-day trial.

Third, test restoration. We provide you with the ability to validate that the backed-up content can actually restore your practice management application. We also provide you with ongoing, updated reports to describe the data growth trend rate for your practice. And we will accommodate growth that exceeds your data plan without any hassles or effort required on your behalf. You remain in control of your data storage needs and costs.

Call or contact us today to begin your free backup trial: 1.877.760.6552,
sales@totalpracticeit.com.



PractiSafe

About Total Practice IT, LLC:

Total Practice IT is a rapidly growing IT services company focused on healthcare office management solutions. Total Practice IT was founded by Dr. Jim Freeze as an outgrowth of IT support he has provided to multi-office practices. Total Practice IT offers PractiSafe™, a networked backup service focused on non-invasive, automated data back-up of practice-management-centric content to minimize recovery time while maximizing business continuity; PractiShield™, a network security service that prevents network and application based virus and denial-of-service attacks; and PractiSync™, a distributed database replication service that enables real-time collaboration and synchronization of transactions for popular practice management software applications across multi-office practices.

Save Your Data, Save Your Practice. SM

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