



7 Tips to Protect You as You Navigate the World of Virtual Care

Digital care is always evolving.

OntarioMD recommends the following tips to protect your data:

- ✓ Delete emails containing personal health information from inboxes and device trash bins. Remember images are PHI too!
- ✓ Ensure software and hardware applications have been updated with the latest security patches (i.e., operating system, firewalls, etc.)
- ✓ Encrypt critical and personal data at rest when stored internally, and in transit when communicating externally. This includes laptops, memory sticks and back-up drives.
- ✓ Transmit personal health information through secure messaging to ensure messages are encrypted, both with other providers and with patients.
- ✓ Use two-factor authentication and change passwords regularly.
- ✓ Maintain audit logs. Periodically look at them to ensure appropriate use.
- ✓ Work with your EMR vendor to ensure data is backed up, and conduct tests to ensure that back-up systems are working and that restore functions are solid.

Read more about OntarioMD's privacy and security services at www.ontariomd.ca/products-and-services/privacy-and-training-resources. For questions about how to protect data in a virtual world, please reach out to support@ontariomd.com

