



## FRYE DENTAL GROUP BACKS UP 'EVERYTHING' WITH CARBONITE

Frye Dental Group is a family dental practice in more ways than one: Not only does it take care of the dental needs of many families in and around Marietta, Ohio, it's also run by two highly respected dentists who happen to be brothers – Dr. Bret Frye and Dr. John Frye.

While Frye Dental is located in a small town, the thriving practice is known for using cutting-edge dental technologies normally found in big cities like Cleveland, Columbus or Cincinnati. The practice specializes in general and cosmetic dentistry and it regularly helps patients with veneers, whitening, crowns, Invisalign, Cerec restorations and much more.

"Your smile is one of the first ways you connect with other people," the practice's website reads, "which is why Frye Dental Group is committed to helping you achieve the brightest, healthiest smile possible."

The Frye brothers are serious about smiles. They're also serious about making sure the practice's digital files – which include 3-D scans, X-Rays, documents and other patient information – are properly backed up and protected. That's why Frye Dental uses Carbonite.

"We back up everything with Carbonite," Dr. John Frye said.

### HIPAA compliance a deciding factor

Frye Dental used to back up its files to an on-site tape drive. But that approach was error-prone, cumbersome and it didn't offer the added protection of an off-site, cloud-based backup system. It was clear that a new approach was needed.

The practice wanted a cloud backup solution that was easy to use, efficient and perhaps most importantly, it had to support Frye Dental's efforts to comply with the Health Insurance Portability and Accountability Act (HIPAA). That's one of the main reasons Frye Dental chose Carbonite.

In addition to supporting HIPAA compliance, "Carbonite was very competitive cost-wise and had a great reputation," Dr. John Frye said.

### LOCATION:

Marietta, OH

### SPECIALTY:

General and cosmetic dentistry

### CARBONITE USER SINCE:

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### KEY BENEFITS:

Simple yet powerful, supports HIPAA compliance, scalable

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## Three quick tips for better dental health

Everyone knows that regular brushing and flossing is the cornerstone of good dental health. But there are many other ways to keep those smiles shining bright. Here are a few of Frye Dental's tips for ensuring top-notch dental health:

### Watch your sugar intake

It's important to limit your sugar intake. Remember that sugar resides in more places than just soda and sweet snacks. It's also found in teas, tomato sauces, fat free salad dressings and many other places you might not expect to find it.

### Limit your sugar exposure time

If you really want to treat yourself to a soda or sugary snack on occasion, that's okay. Just be sure to limit your exposure time. Avoid sipping on sodas and bathing your teeth in sugar for long periods of time. Your best bet is to drink the soda or eat the snack right away, then brush your teeth.

### Expect a lot from your dentist

Make sure you choose a dentist who you are comfortable with in every way. When you're comfortable, you're more likely to visit the dentist when problems arise. And when you're given a diagnosis, don't be afraid to get a second opinion.

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Some of Frye Dental's favorite things about Carbonite include:

### SIMPLICITY

Dr. John Frye likes the fact that Carbonite's powerful yet simple backup technology is easy to set up and use. Once setup is complete, users can monitor the progress of backups and access files from anywhere using Carbonite's website or mobile app.

"Even if I'm out of town, I can use my phone to access Carbonite and check on my backups to make sure they've all completed," he said. "I recently changed some of the parameters on when Carbonite backs up and that's also easy to do."

### SUPPORT FOR HIPAA COMPLIANCE

The dental practice needed a backup provider that allowed it to remain HIPAA compliant. Carbonite meets HIPAA regulations of a Business Associate and provides its covered entity customers with a Business Associate Agreement.

### SCALABILITY

Frye Dental uses state-of-the-art dental technology in addition to the types of business applications you'd expect to find in any busy office. When you're backing up loads of documents, spreadsheets, 3-D scans, X-Rays and more, you can expect to use a lot of space. The good news is that Carbonite easily scales to support the practice's growing backup needs.

"With compression, it turns out that we're backing up just under a terabyte of data. Without compression we're at 1.5 terabytes," Dr. John Frye explained. "The ability to say to Carbonite, 'give me another 300 gigs or more,' and to have that be available right away is certainly a huge advantage."

**TO LEARN MORE ABOUT CARBONITE SOLUTIONS,  
PLEASE CONTACT YOUR CARBONITE PARTNER.**