

# Sleep & Wellness Medical Associates depends on Carbonite Safe Backup

Sleep & Wellness Medical Associates is a thriving medical practice that specializes in internal medicine, sleep disorders, wellness, pulmonology, cardiovascular disease prevention, medically supervised weight management and much more.

The practice, which is headed by Dr. Mahmood Siddique, takes a holistic approach to treating patients that focuses on both the body and the mind.

In addition to treating patients at Sleep & Wellness Medical Associates, Dr. Siddique is a clinical associate professor of medicine at Rutgers-Robert Wood Johnson Medical School. He is board certified in internal medicine, pulmonology, critical care, and sleep medicine and has received many awards and accolades over the years. The practice is also home to a highly accomplished staff, including a physical therapist and a behavioral therapist.

While Sleep & Wellness Medical Associates is serious about helping its patients adopt healthy lifestyles and focus on wellness, it's also serious about backing up and protecting their data. That's why Adam Stroud, the practice's information and technology support director, relies on Carbonite Safe™ Backup.

## Why Carbonite Safe Backup?

Sleep & Wellness Medical Associates uses an electronic medical record system that stores important patient data. But in addition to patient data, the practice also has various business documents, patient forms and other key files that need to be fully backed up and protected.

In choosing a backup system, the practice knew it needed something that would support its compliance with the Health Insurance Portability and Accountability Act (HIPAA). Among other things, that meant finding a system that offered data encryption and a high level of security. That's why the practice chose Carbonite Safe Backup.

"Support for HIPAA compliance was an important factor in our need for a cloud backup system," Stroud said. "Carbonite's end-to-end encryption layer is an essential feature for our practice."



## Location

Hamilton, NJ

## Specialty

Treating sleep disorders, general health and wellness, preventative medicine, physical therapy, and much more

## Carbonite user since

March 2011

## Key benefits

Support for HIPAA compliance, protection from ransomware, excellent customer care team

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## Defeating a crypto attack with Carbonite Safe Backup

When a slow-moving crypto virus infected some of the critical IT systems at Sleep & Wellness Medical Associates in late 2014, Stroud was very happy to know that he had Carbonite Safe Backup in his corner.

The crypto virus began to spread when a now-former employee accidentally opened a malicious email attachment. Fortunately, the virus was confined to some non-essential, but still valuable, data that included general office documentation, letters, and file templates. The virus got nowhere near any sensitive patient information, but still had to be eradicated.

Crypto viruses are a form of ransomware. They infect computers, encrypt files and threaten to render them useless unless the victim pays money for a key that decrypts the information. But instead of paying money to the creators of the crypto virus, Stroud turned to Carbonite Safe Backup.

He deleted the infected files and restored clean versions from the cloud. The whole process was quick and painless.

"I'm glad Carbonite was there," Stroud said.

Some of their favorite Carbonite features include:

### **Support for HIPAA compliance**

The medical practice needed a backup provider that allowed it to remain HIPAA compliant. Carbonite Safe Backup business plans support HIPAA compliance and Carbonite provides a Business Associate Agreement to its small business customers.

### **Security**

All data backed up with Carbonite Safe Backup is encrypted, ensuring that all information remains private. Our data centers are physically secured with multiple protective measures including biometric scanners, onsite security guards and much more.

### **Excellent customer care**

When Stroud was in the process of restoring files following the crypto attack, he called the knowledgeable and personable Carbonite customer care team.

"I couldn't have asked anything more of them," he said. "They were quick to pick up the phone and more than willing to help with my questions. They were on point the whole time."

[Learn more about Carbonite data protection solutions today.](#)

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