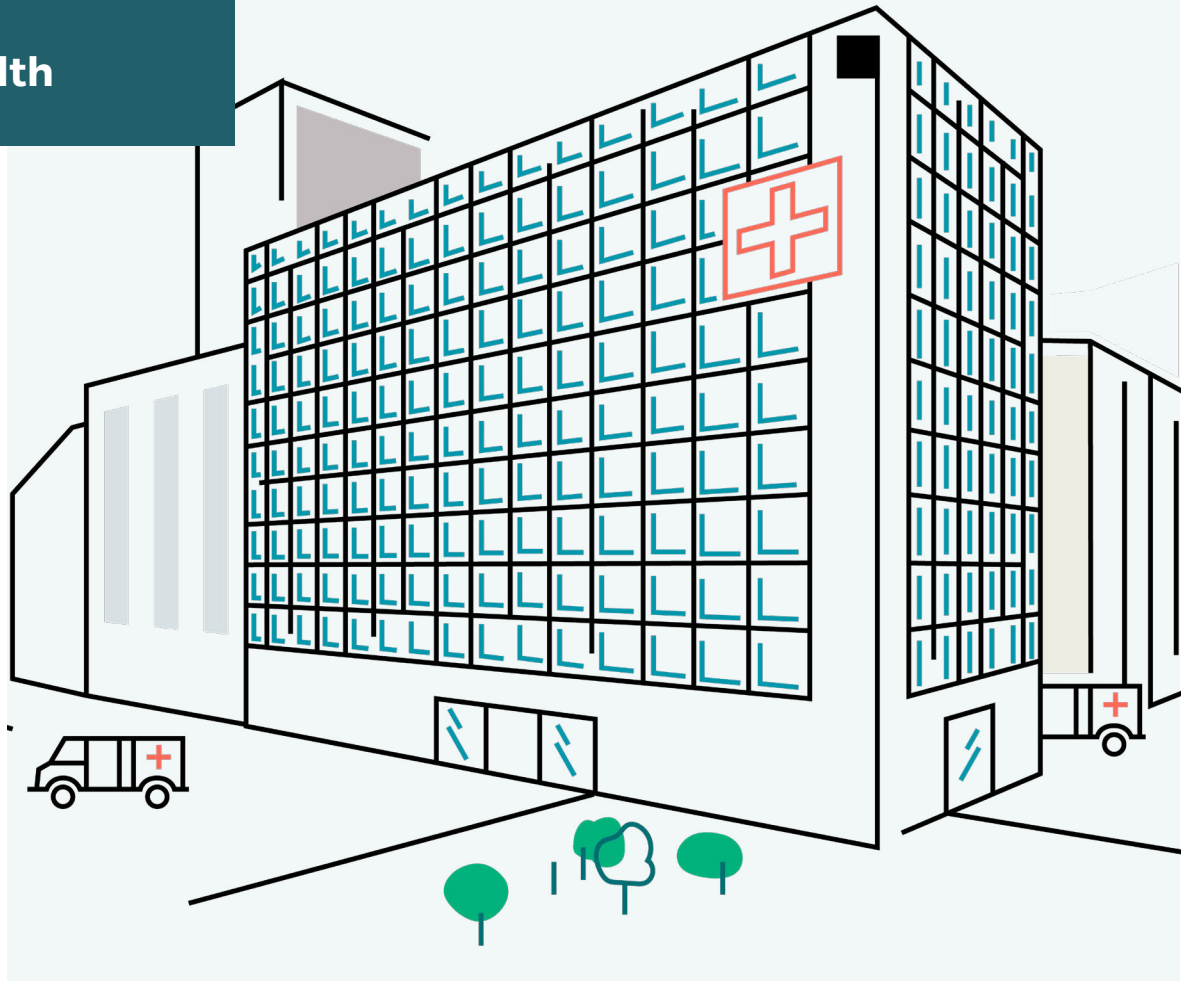# Managing cybersecurity insurance costs

A best practice checklist for hospitals and health systems

ust.health

UST

Managing cybersecurity insurance costs

A UST best practice checklist for health systems

UST is taking the first steps to help clients prepare with our cyber-hygiene checklist. Our advisory services and workshops can help your organization receive optimal coverage, fill in service gaps and maximize protection – and keep your insurance premiums at a minimum.

Areas of focus

1 Identity and access management
- Account management
- MFA
- Privileged access management
- Vendor access

2 Asset management
- Asset tracking
- Asset alerting and monitoring
- Network segmentation
- IoT and medical devices

3 Data Protection
- Encryption
- DLP
- Alerting/tracking/ monitoring
- Access management

4 Monitoring and alerting
- SOC
- SIEM
- MDR/EMDR

5 Controls and preventive measures
- Segmentation of your network, additional software security controls, external security services

6 Ransomware preparedness

7 Vulnerability management
- Scanning
- Patch management
- Remediation

8 Backups and resilience
- Backup cadence
- Immutable copies
- DR tests and recovery

9 Security stack
- EDR/MDR and NGAV
- NDR
- SIEM

10 Email security
- Phishing defense
- DLP
- MFA
- Email tenant configurations (DMARC, SPAM, SPF Quarantine)

11 Training and awareness
- Phishing tests
- Cadence of testing
- Targeted training

UST offers workshops designed to map out your organization's existing cyber footprint. We'll work with your team to make sure you reach beyond regulatory requirements and build resilience. Reach out to us today to work with our expert team.

ust.health

Engineering connections to better healthcare

About us

UST offers health tech solutions that enhance trust, connectivity, personalization, and efficiency for healthcare and life sciences enterprises. Our human-centered approach creates a more caring and connected future at physical and digital health convergence. Our deep domain experts ensure clients swiftly adapt to evolving tech and regulatory landscapes so they can focus on their core objective of promoting better health and care.

Discover our healthcare and life sciences work at
ust.health

Learn more

For a workshop with a healthcare CISO

Sign up now →

Learn more

Safeguard hospital operations and protect patient data

Learn more now →

UST