



How One Physical Therapy Practice Went from Overwhelmed to HIPAA-Confident

Never have a false
sense of security.™

Background

Beyond Limits Physical Therapy feels when you entrust your physical therapy care to their doctors you can feel confident that the road to healing, recovery and good health is within reach. Protecting its patients' data and increasing patient trust is also a major focus for the organization. The doctors knew about the Health Insurance Portability and Accountability Act (HIPAA), but struggled to fully understand the complex requirement. Beyond Limits Physical Therapy was determined to comply with HIPAA and protect patient data, so Doctor Matthew Sudweeks and his colleagues found a security and compliance partner to achieve their goals.

"SecurityMetrics has been good to work with. The law can be overwhelming but my support advisor did a great job of taking me through things step by step. There is still a lot I need to do on my own but at least I know what to do and how to do it."

Matthew Sudweeks

Doctor of Physical Therapy (DPT)

Challenges You Faced With HIPAA Compliance

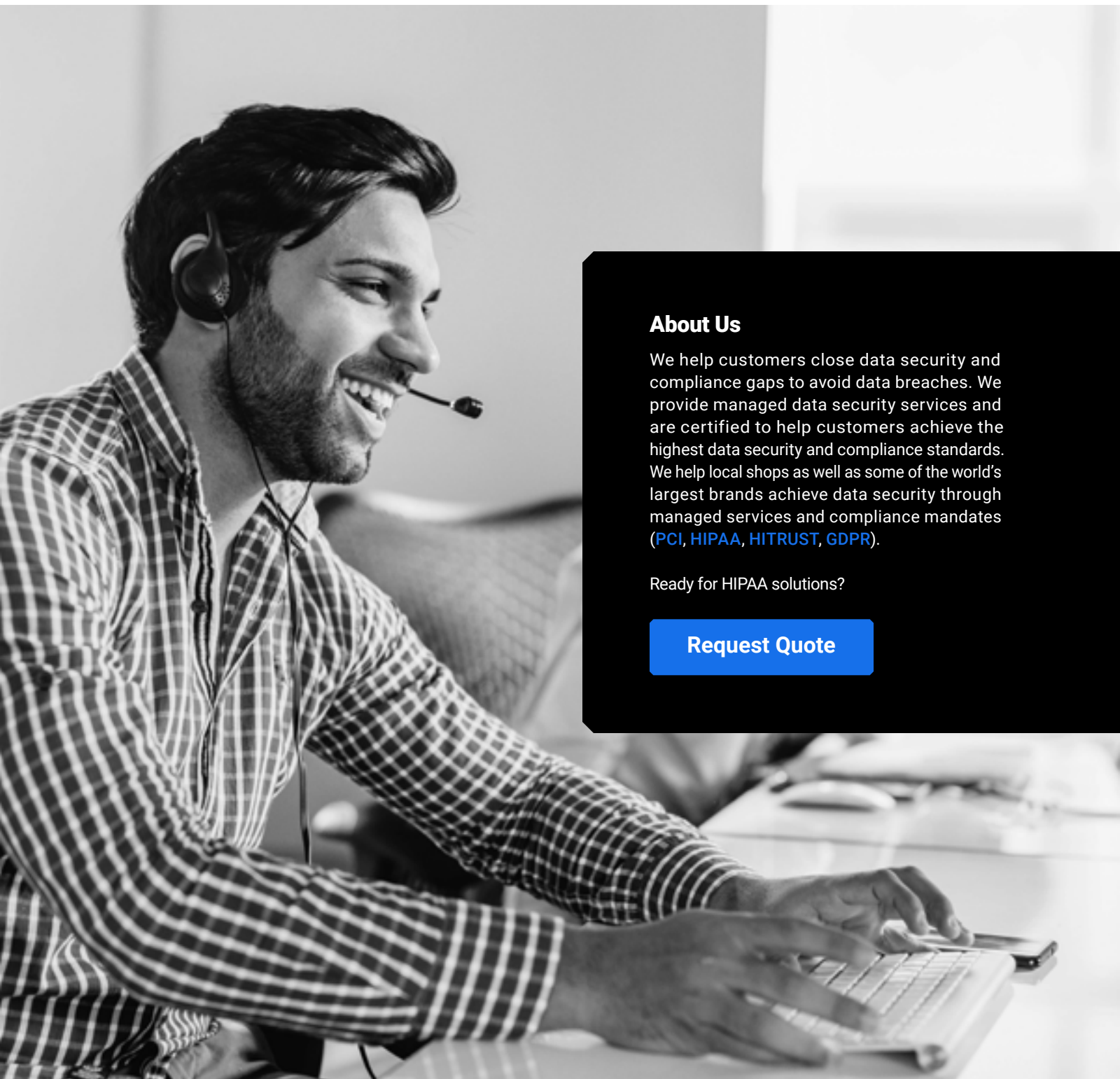
- I did not even know where to start. The law was so overwhelming. I tried a risk assessment sample from an insurance company and didn't know half the things that they were asking.
- Since everything went to our EMR, it was hard to think about how someone would gather my info.
- Overwhelmed with the time it would take to put our compliance in order.

Resolving Challenges With SecurityMetrics

- SecurityMetrics helped me get to a starting point and showed me what I needed to do and how to do it.
- They broke down the HIPAA law and simplified it for me by taking me through 25 steps versus taking on a 1000 page law.
- Anytime I had or have questions I can always call my support advisor and he helps me out or is willing to find the answers to the questions I have.

Goals Achieved Working With SecurityMetrics

- Completed a thorough risk analysis
- Making demonstrable progress on risk management plan
- Increased security and peace of mind



About Us

We help customers close data security and compliance gaps to avoid data breaches. We provide managed data security services and are certified to help customers achieve the highest data security and compliance standards. We help local shops as well as some of the world's largest brands achieve data security through managed services and compliance mandates ([PCI](#), [HIPAA](#), [HITRUST](#), [GDPR](#)).

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