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**If You Believe a Tape is a Safe Way to Backup Your Practice's Data...  
Think Again!**

*Javed Uddin of High Tech Innovations,  
LLC Discusses The Benefits and Security  
of Remote Data Storage*

NEW JERSEY – January 2019 – What will happen to your practice if you lose your valuable data? How will it affect your revenue? Employee productivity? Patients? These are serious questions every practice owner needs to ask because losing your data will determine your survival or immediate demise.

Practices of all sizes are generating and depending on larger amounts of data that must be readily available and easily accessible. This growth in data results in an ever-increasing data footprint - meaning more data is being generated, copied, and stored for longer periods of time. Consequently, practices have to effectively manage more infrastructure resources, including servers, networks, and storage, to ensure data is protected in a timely

manner while at the same time providing adequate performance and capacity and securing data for access when needed.

Do you store your data on a daily basis? Unfortunately, most practices cannot answer yes to this question. Events like disk crashes, server corruption, viruses and natural and human disasters can take your business permanently offline. According to a survey conducted by *Continuity Insights* magazine, KPMG Risk Advisory Services, and The Hartford's Guide to Emergency

Preparedness, more than 25% of all businesses experience a significant crisis in any given year – of those that do not have a data recovery plan, 43% will not re-open. It's even scarier to learn that today's most popular data storage method is to backup vital information on a data tape and let the IT manager take it home for safe keeping.

A new inexpensive method that's substantially more secure and seeing a rapid increase in demand is remote data backup. The remote system backs up files from the attached hard drive to a remote data center through the Internet. The system minimizes the amount of data transferred to ensure efficiency. After the first backup only the actual changes made to each file are transferred, rather than an entire file where only a few bytes may have changed. The data is then sent through an encrypted secured shell (SSH) connection for safety.

Backups are typically set to start every night at a random time typically between 1:00 and 3:00 am. The speed of an organization's WAN connection and size of data transmitted will determine the length of time to complete the remote storage process. Subsequent daily incremental backups will take much less

time because only the changes will be reflected. In order to prevent long running backups from interfering with normal Internet usage during business hours, quality of service (QoS) can be configured to reduce the priority of backup relative to other data or limit the allocated bandwidth.

By default, the system will email a weekly report to the email address designated for the practice's technical contact. The report summarizes the amount of data backed up each day, time, and total storage space used.

There are a number of products in the market that offer remote data storage; however, very few include additional features such as site-to-site VPN capability for secure communications, firewall protection backed by 24x7 technical support, secure Wi-Fi to enhance wireless Internet connection and network performance tuning that optimizes VoIP and data traffic on a broadband connection.

As we all know, a practice's most important intellectual property is their data. Therefore, as you evaluate your existing or potential practice communications partner, make sure you ask about remote data backup as well as other features associated with it. A deer in the headlight response is

a good indicator that it's not included in their bag of tricks.

## **ABOUT HIGH TECH INNOVATIONS, LLC**

High Tech Innovations, LLC. has been providing cutting edge technology to hundreds of businesses and healthcare practices in the northeast region since 1997. The company has been working to increase the productivity and profitability of its clients by offering them a range of technical products and services in the field of communications (VoIP), managed IT services, structured cabling, networking, surveillance, network security, digital imaging and backup and disaster recovery. Their certified and experienced technicians and engineers provide technical support and maintenance to keep various businesses running smoothly and compliantly.

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