



## DENTAL PRACTICE - DATA PROTECTION SCORECARD

### A 2-Minute Self-Assessment

#### Purpose

Dental practices depend on digital systems every day — imaging, practice-management software, patient records, financial data, and scheduling. Yet most dentists were never trained to evaluate IT risk.

This scorecard helps you quickly identify gaps that could lead to downtime, data loss, or compliance issues.

#### Instructions

For each item below, check YES or NO.

If you are unsure, mark NO — uncertainty is a risk.

#### 10-POINT CHECKLIST

##### 1. Daily Backups

All critical systems (PMS, imaging, patient records) are backed up every day.

YES ☐ NO ☐

##### 2. Offsite / Cloud Backup

A secure, encrypted offsite backup exists for disaster recovery.

YES ☐ NO ☐

##### 3. Daily Backup Monitoring

Someone verifies backup success/failure every day.

YES ☐ NO ☐

##### 4. Recent Recovery Test

We have successfully restored files or tested systems within the last 90 days.

YES ☐ NO ☐



**5. Ransomware-Aware Backup**

Your backups protect against data loss due to encrypted or corrupted files being saved.

YES ☐ NO ☐

**6. Server / Cloud Maintenance**

Our servers (or cloud systems) receive regular updates and performance checks.

YES ☐ NO ☐

**7. Imaging Data Included**

All imaging systems (pan, CBCT, sensors, cameras) are included in the backups.

YES ☐ NO ☐

**8. Documented Recovery Plan**

We have a written plan describing how the practice would be restored after a failure.

YES ☐ NO ☐

**9. HIPAA-Aligned Backup Practices**

Our IT provider has confirmed that our backup processes meet HIPAA expectations.

YES ☐ NO ☐

**10. Known Recovery Time**

We know approximately how long it would take to restore the practice after a major failure.

YES ☐ NO ☐

**Scoring**

**Count your YES answers:**

- 8–10 YES: Strong protection. **Maintain monitoring and testing.**
- 5–7 YES: Meaningful gaps. **Review with your IT provider soon.**
- 0–4 YES: High risk of data loss or downtime. **Immediate action recommended.**



**NEXT STEP - Send this self-assessment to your IT Provider.**

(Suggested Message)

**IT Provider:**

I have completed a Dental Practice Data Protection Self-Assessment.

**Please review my responses and confirm:**

1. Are all critical systems backed up daily?
2. Are backups monitored and tested for successful recovery?
3. Is there a documented plan for restoring the practice after a data loss event?

If we need assistance with backup monitoring, offsite protection, or recovery planning...

Dr.Backup provides fully managed data protection services for dental practices nationwide.

Check out their IT Pro-Partner affiliate program and B3 Data Protection Services here:

<https://drbackup.net/become-a-pro-partner/>