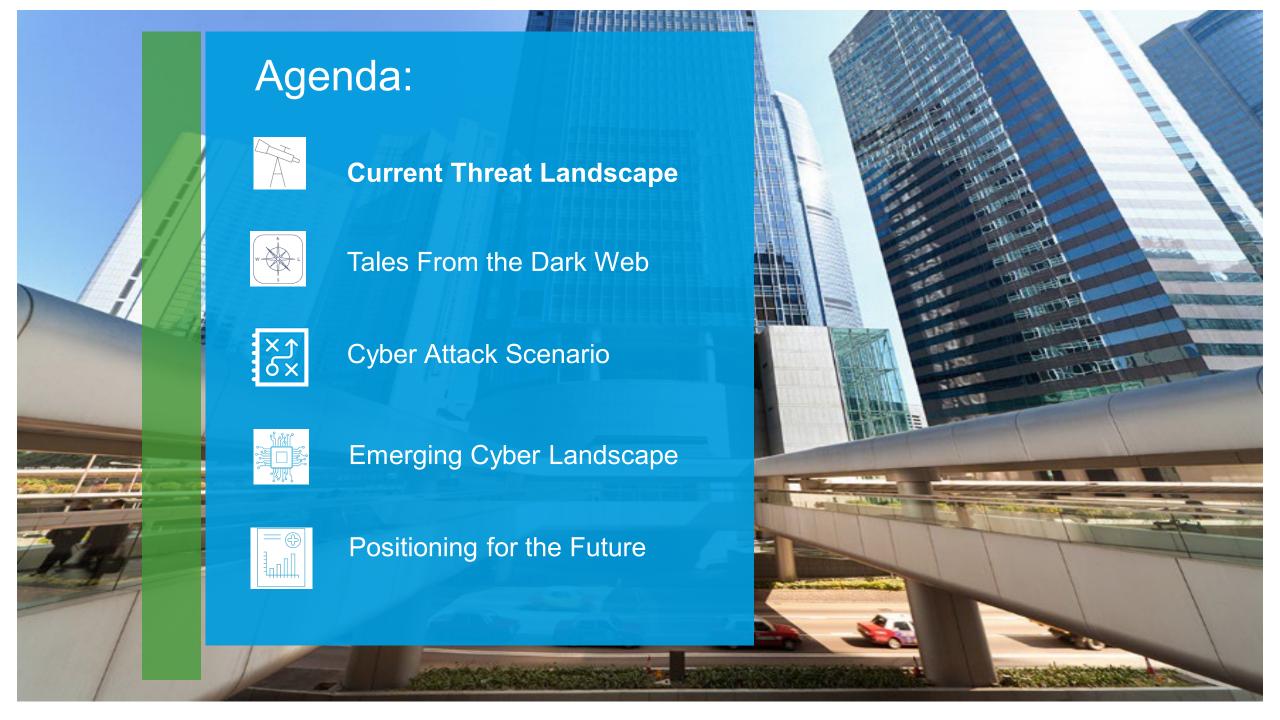


# THE POWER OF BEING UNDERSTOOD AUDIT | TAX | CONSULTING



## Learning objectives

- 1. By the end of this course, you will be able to:
- 2. Identify current trends and themes in data breaches and dark web activity within the healthcare industry.
- 3. Learn how to effectively mitigate the risks associated with the dark web and data breaches Understand how to ensure your organization meets all necessary requirements to maintain compliance with health care data requirements



## **Current Threat Landscape**





## **Cyber Trends**

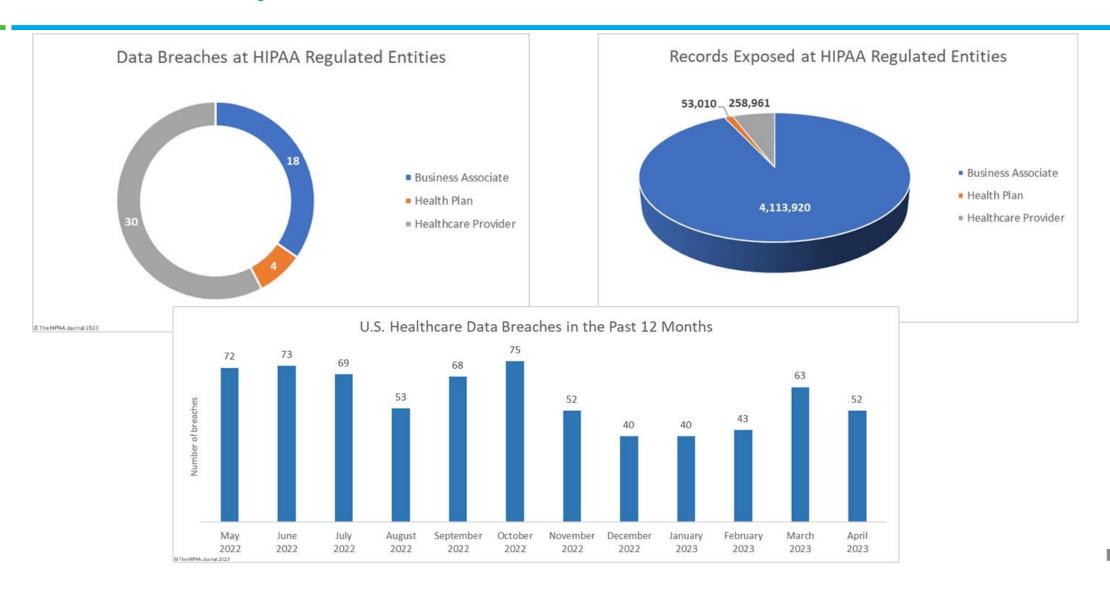
#### Top Five Threats for 2022 - 2023:

- 1. Ransomware Deployment
- 2. Phishing/Spear-Phishing Attacks
- 3. Third-Party/Partner Breach
- 4. Data Breach
- 5. Social Engineering
- 98% of attacks can be prevented with basic Security Hygiene
- Attack Timeline 102 min is the median time for an attacker to start lateral movement.

  At 72 min they have access to your private data.
  - \* Phishing shows exponential growth with Vishing and other forms increasing rapidly.
  - \* Issues with privileged access control deficiencies resulted in Password attack increases from 74-93% YoY
  - \* Unmanaged devices are 71% more likely to have malware.
  - \* 84% of organizations who suffered from ransomware had no integrated security approach with on-prem solutions.



## Healthcare Cyber Defense Trends of 2023





## Recent cyber attacks from the headlines

\*According to a recent Reuters report, medical information is worth about 10 times more than credit card numbers on the black market.









Baptist Medical Center/Resolute Health

Advocate Aurora Health

**OneTouchPoint** 

**PharMerica** 

#### Code Breach

Theft of demographic details, SSNs, insurance data, diagnoses, treatments, reason for visit, claims data

# Scheduling Technology and Scraping

Patient health information shared with Google and Facebook as a result of its use of Pixel

#### Ransomware

Printing and Mailing vendor disclosed patient names, member IDs, and information gathered from health assessments.

#### Middle market

Data breach exposed personal data pertaining to 5.8 million individuals



## 2022 cyber attacks by the numbers



Frequency of malware



Est. cost of cyber crime (globally)



Open-source code vulnerability



Avg. cost of data breaches in the US

More than 1

450,000

new malware programs are detected daily

\$8 Trillion

up from \$6 trillion in 2021 2

- 24 T by 2027
- 20 Year War on Terror was ~8T
- A trillion dollar bills, laid end to end, would stretch 96,906,656 miles

84%

Of open-source code contained at least one vulnerability <sup>3</sup>

Data breaches in the US

Cost

**Twice** 

the amount for global breaches \$9.45M vs \$4.35M <sup>4</sup>

Supply chain attacks in 2022 surpassed malware attacks by 40% impacting more than 10M individuals and leading to over 1,700 data breaches in the US

## Key trends in the cybersecurity landscape



### According to RSM's 2023 Middle Market Business Index (MMBI) cybersecurity report:

- Breaches are slightly down, but significant cybersecurity concerns persist: 20% of middle market executives claimed their company experienced a data breach last year.
- However, executives are still worried: 68% anticipate that unauthorized users will attempt to access data or systems this year.
- **Technology is changing**: 50% of organizations have moved to the cloud in the past year due to security concerns, up from 36% last year.
- So is cyber liability coverage: 68% of companies carry a cyber insurance policy, and 70% say premium costs have increased.

63% of executives feel they are at risk for a ransomware attack in 2023.



## **Tales from the Dark Web**





## What is the *dark* and *deep* web?

- Surface web (1% to 4%) able to be indexed by search engines
- Deep web (96% to 99%) cannot be indexed by search engines
  - Sources behind login pages and paywalls
  - Intentionally non-indexed sources (https://www.grants.gov/)
- **Dark web** subjective grouping of small subsection of deep web utilized for nefarious/unregulated purposes
  - Commonly associated with Tor browser



(Image source: What is the Dark Web? | The SSL Store)



## The importance of Cyber Threat Intelligence (CTI)

CTI's objective is to generate timely and actionable intelligence about existing or emerging threats through collection and analysis of open and closed sources. Closed sources include the dark web and underground forums.

#### How does CTI provide value to a threat actor?

- Identify targets of interest (Tols)
- Craft unique social engineering attacks
- Discover unintentional leakage of sensitive data to leverage for exploitation
- Identify and exploit vulnerabilities related to misconfigured protocols and enumerated software
- Map out network devices and architecture
- Purchase exposed credentials or previously exfiltrated data

#### How does CTI provide value to internal security?

- Identify instances of potential liability for an entity:
  - Organizations: misconfigured protocols, deprecated software, vulnerable ports, technical information leakages, etc.
  - **People**: exposed sensitive data, unnecessary information leakage, reputational liabilities, etc.
- Understand the visible attack surface of an entity
- Receive proactive intelligence regarding threat actors, attack vectors, vulnerabilities, etc.
- Identify data breaches as part of the incident response process

Cyber threat intelligence is valuable to organizations in any industry and of any size.

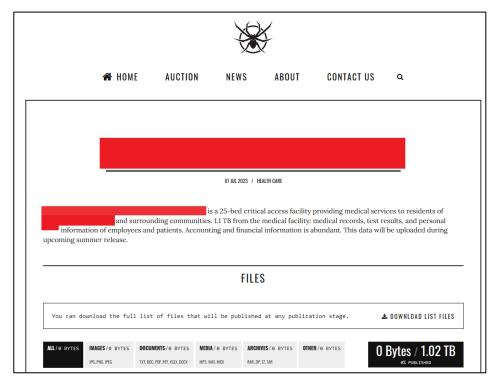
## Sample of what we have found when performing CTI investigations

Finding	Recommendations
Cloud storage misconfigurations, resulting in exposure of customers' personally identifiable information (PII)	Immediate notification is issued to the client Alter configurations in accordance to provided cloud storage documentation and contact impacted individuals regarding their information being exposed.
Employees' personal credentials exposed in third-party breaches, potentially granting threat actors with access to employee accounts via password reuse attacks	Educate employees about the risk of using corporate email accounts on third-party platforms. As password reuse across platforms is common, ensure employees are not using similar passwords to those exposed by enforcing a strong password policy.
Publicly reported web application vulnerabilities which remained unpatched, resulting in threat actors being able to redirect users to malicious webpages via cross-site scripting (XSS) attacks	Patch the web application by leveraging internal standard operating procedures, along with the provided documentation regarding the specific vulnerability.
Employee's credentials exposed on a publicly-available website (a code repository). As this page is publicly-available, a threat actor could easily identify these credentials and utilize them to access portals associated with the user's account or attempt to perform password re-use attacks.	Immediate notification is issued to the client Reset the account credentials associated with the employee and remove the code snippet from the website. Consider making future code uploads private by default unless otherwise necessary.

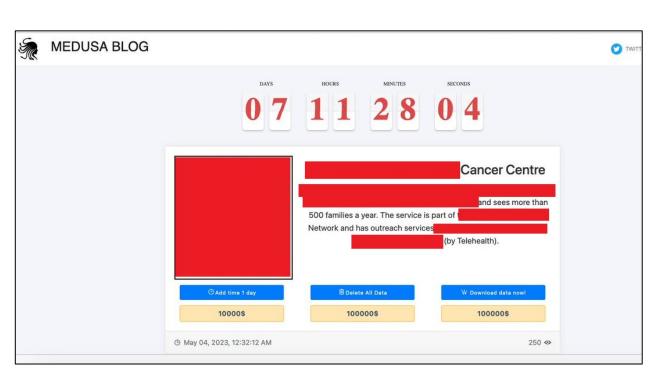


## Continued threats to healthcare: Ransomware and Extortionware

The healthcare industry continues to be hampered by ransomware; however, more instances of data being stolen as well as encrypted are being reported



July 2023 advertisement for ransomed data on data extortion group Karakurt's website

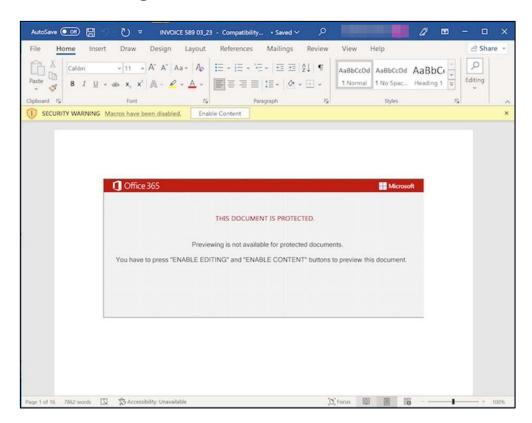


May 2023 advertisement for ransomed data on ransomware group Medusa's website

## Intelligence news flash: Emotet returns...

Emotet, an advanced phishing Trojan, returned in March of 2023 after being offline for three months.

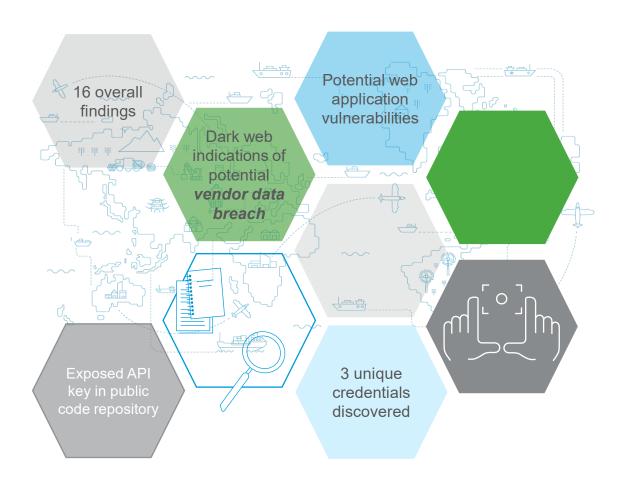
- Delivery of malicious documents embedded in ZIP archives through phishing emails resumed in March of 2023
  - A new technique, binary padding, has been observed, which assists Emotet in avoiding detection
- The malware will load several modules, such as spam and information stealer modules
- Impact: Emotet's various methods of entry, along with its persistence and evasion techniques, make it a difficult malware to guard against for organizations in all industries.
  - Infection could lead to breached account credentials and further malware infections, including ransomware.



Prompt to enable macros on malicious document



# Case study – Medical Technology Cyber threat intelligence (CTI) investigation



#### The Challenge

A midsize medical technology organization wanted to understand what intelligence threat actors may be able to gather about their organization from open and closed sources. With the everchanging cyber landscape, it is essential for organizations to routinely perform these investigations.

#### The Solution

The CTI team was brought in to perform a rapid cyber threat intelligence review. During the investigation, the team identified indications of a ransomware attack against one of the organization's vendors, which may have exposed organizational data. Additionally, the team identified other findings that needed to be brought to the attention of the organization as soon as possible, such as an exposed API key in a public code repository.

#### Why RSM

- Ability to provide actionable intelligence to proactively strengthen an organization's defenses
- Ability to access millions of open and closed sources, including dark web communities
- Subject matter expertise regarding threat actors and attack vectors



## **Potential Cyber Attack Scenarios**





## Scenario 1

Ransomware attack on a healthcare organization in 2023:

In the year 2023, a small clinic in a rural area of the United States is hit by a ransomware attack. The clinic is running on outdated software, and the attackers exploit a vulnerability to gain access to the system. Once inside, they deploy the ransomware and encrypt all patient data. The attackers demand a hefty ransom in exchange for the decryption key.

As a result of the ransomware attack, the clinic is unable to access any patient records, hospital systems, or electronic medical devices. Patient care is significantly impacted, with treatments being delayed or cancelled. The clinic is forced to revert to paper-based records, causing a delay in patient care and impacting their confidentiality. It takes a few days for the IT staff to restore the systems from a backup, but some data is still lost, requiring the staff to create new files manually.

Furthermore, the attackers threaten to sell the data on the dark web. It is not often organizations successfully prevent their data from being auctioned or leaked on extortionware websites, so it may be incredibly difficult to actually prevent this. Additionally, there is a high likelihood of an OCR investigation along with the cost of a settlement agreement and potential State and Personal lawsuits. To prevent this, the clinic must work with law enforcement to identify and catch the attackers. Ultimately, the clinic is able to restore its systems and recover from the attack, but the impact on patient care and the organization's reputation is significant.



## Scenario 2

Vishing (Voice Phishing) scenario on a healthcare organization in 2023:

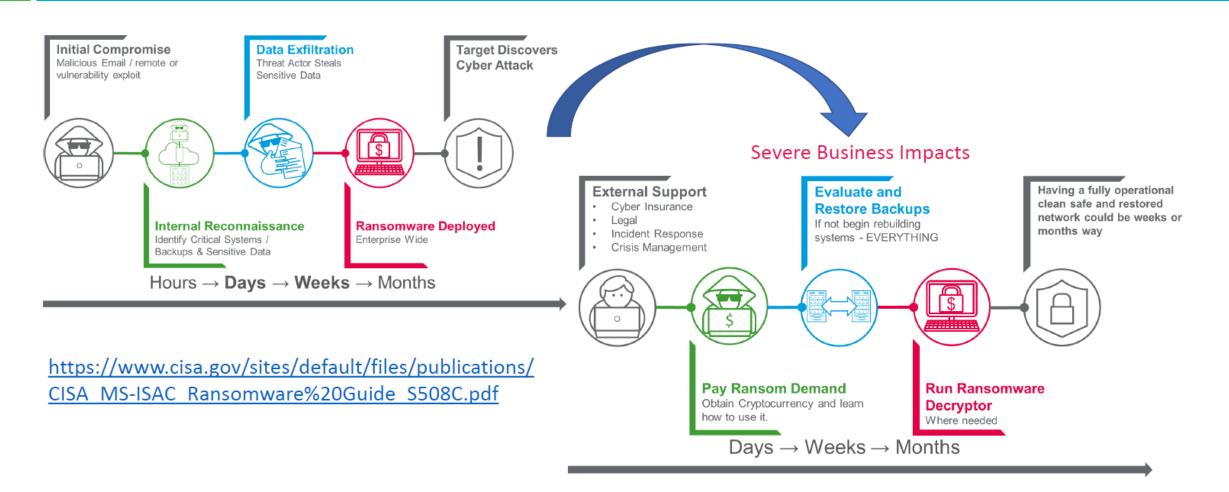
An external attacker calls ABC Healthcare from a phone number spoofed to be related to a typical medical device service provider that ABC currently utilizes.

After reporting they are one of the technical support staff in charge of device maintenance, they explain that they are currently having difficulty accessing one of their devices and need the assistance of the employee. After leading the employee to a designated spoofed website purporting to be the vendors, they request the employee to click on a designated link to allow remote access. This link actually installs a local payload which gives system remote admin access and allows the nefarious actor control over the device and subsequent linked systems. At this time the caller thanks them for their assistance and hangs up. The actor is now free to work behind the scenes in gathering intel on the systems and network and being internal now, more opportunity to other systems not directly attached to the internet.

After determining the systems of highest value and installing additional command and control, the actor can begin exfiltrating data back to the original system or through another system with remote access. Additionally, this scenario could lead to the scenario one experience through Ransomware to gain both the data and possible financial gain.



## Summary - Ransomware timeline





## **Emerging Cyber Landscape**





## Navigating the shifting cyber risk landscape



#### Impact of global economic headwinds

With high levels of uncertainty around inflation, challenges in the supply chain, and shrinking profit margins, cyber leaders are being asked to do more with less

#### **Growing complexity of cyber solution landscape**

Cybersecurity software industry is experiencing exponential growth resulting in an explosion of tools in the market however there are limited ways to assess solution value, overlap with existing solutions, and validating each is fully configured

#### Lack of board-level understanding of cyber risk

While cyber more often has a seat at the table, Boards are challenged to put cyber risk in context with business operations and its enterprise risks

# Increasing gap in the cyber workforce market

The cyber workforce shortfall continues to grow leaving millions of positions unfilled and an increasing fight for talent



#### Minding the gap of shared responsibility

Vendors play an increasingly important role in cybersecurity (e.g., outsourcing, and cloud) but there is a lack of understanding regarding the division of responsibilities



## Preparing for the evolving trends of cybersecurity

# Identity is the New Perimeter

Changing borders of the workplace and IT landscape have forced a shift from network boundaries to focus defenses on digital identity

# Tomorrow's Cyber Workforce is Being Built Today

The war for talent is driving investments into internal staff development through both retooling and upskilling your workforce

# Responsibility Must Align With "As a Service"

Complex vendor ecosystem requires constant alignment & communications while also adapting to evolving technologies and regulatory needs





# **Automation Will Drive Action Over Alerting**

Automation will need to extend beyond detection and orchestration in order to drive decisioning in near real-time





# Data Will Fuel Risk & Opportunity in Cyber

Data will serve as an increasingly valuable business and cyber asset but with tightening regulation and growing risk to organizations



# **Cyber Service & Platform Markets Will Consolidate**

Anticipate vendor convergence to expand core capabilities, drive margin, enhance interoperationality, and unify disparate solutions

## The road ahead



**Organization** should follow a Discover, Design, Deploy, Optimize approach to evaluating and maturing their cyber programs.



Cyber security is on-going operational discipline and not a single project cycle.

Organization leadership should be educated on the recurring needs of the cyber security program as well as how long-term maturity can be measured and monitored.



Investment in digital transformation will require cyber programs to adapt and integrate new technology. However, programs should not lose sight of their foundational cyber hygiene practices





## The role of transformative and emerging technology

Cyber leaders must balance securing their current IT landscape against economic headwinds while also enabling the organization to evaluate the new 'IT buzzwords' that have the potential to revolutionize how and where companies deliver on their mission

#### Cloud

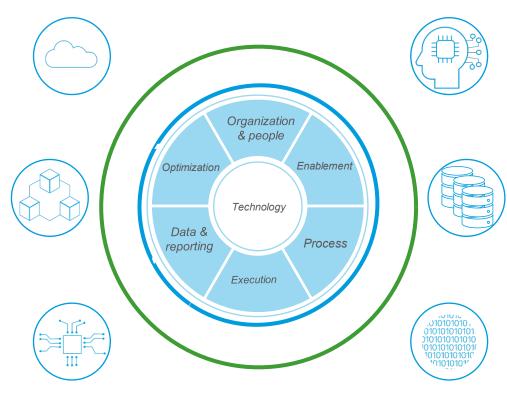
- No longer the "new kid on the block", the use of Cloud-first has become business-as-usual
- Cyber teams are still struggling to keep up;
   2023 will be the year to buckle down or source support to maintain a secure cloud environment

#### **Blockchain**

- Expanding use cases as digital contracts and differing formats of token-based financial products arrive in the market
- Cyber organizations are being asked to participate and embed security from asset verification pre-release to monitoring and response

#### **Generative AI / Machine Learning**

- · Vendors will further embed AI into products
- Users expect that AI will be a daily part of their productivity
- Cyber criminals have adopted Large Language Models (LLMs) as a means to advanced attacks



#### **Metaverse / Augmented Reality**

- Metaverse adoption has been slow, but augmented reality devices and use cases continue to grow
- Implications from an identity and engineering protection perspective will be one that will require cyber's attention to maintain an appropriate secure posture

#### **Big Data**

- · Continued focus on gaining additional value from the data
- Expect expanded efforts towards improved usage of data (e.g., chatbot like features) and data correlation use cases
- This must be balanced with the expected growth of privacy and other regulatory requirements

#### Quantum

- Once thought of as only "over the horizon", quantum computing is now becoming a reality.
- An immediate consideration for companies will be the "countdown" to when previously-considered encryption becomes obsolete and what that means for services providers who house their data. Plan ahead.

## Converging with the increasingly complex compliance landscape



10 States Now With Data Privacy Laws. 10 More States in the Pipeline\*

\* As of June 2023



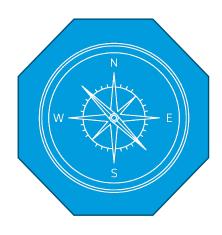
Release of Whitehouse National Cybersecurity Strategy



**EU Data Protection Board Continues to Issue Major Fines Against US Companies** 



Proposed SEC Rule for Reporting of Material Cybersecurity Incidents



Major Version Change to NIST CSF Controls Framework



Federal Government Agency
Mandate for Aligning to
Zero Trust Standards



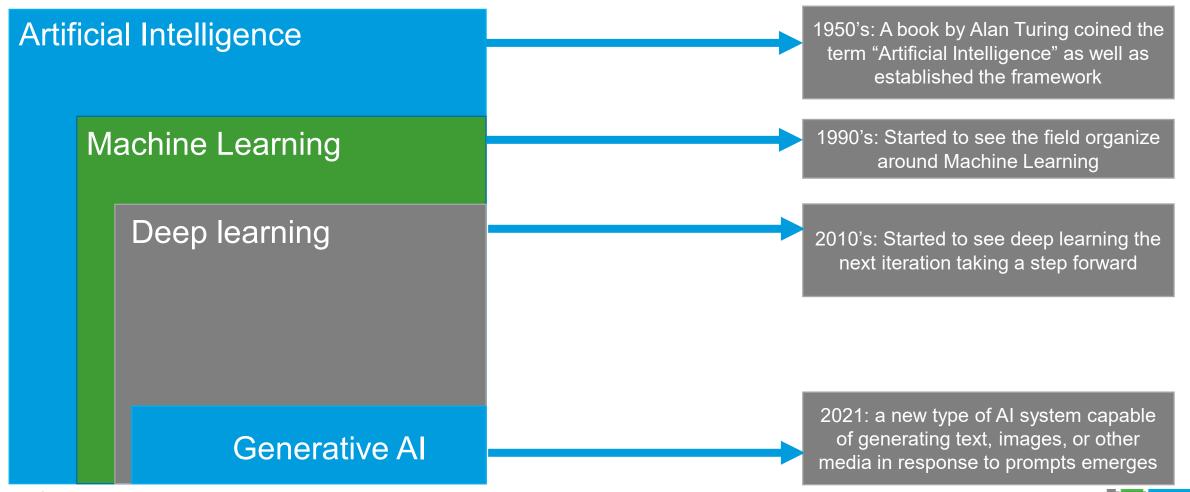
Expanded Scope of Organizations Impacted by FTC Safeguards Rule



State of NY Proposes Significant Expansions to Existing Cyber Regulations



## Where did Chat GPT Come From?





#### Use Cases of Chat GPT in Health Care

- 1. Service Ticket Automation
- 2. Voicemail & Patient Messaging Automation
- 3. Patient Chart Summarization
- 4. Automated Service/Procedure Order Generation with ChatGPT model for patient admission.
- 5. Classify Payers' responses to Revenue Cycle
  - Prior Authorization
  - Claim Status
  - Denial Follow-up
- 6. Call Center
  - Quality Assurance Monitoring
  - Knowledge Management,
  - Best Practice Sharing
  - Performance Analytics
  - Role-Playing and Simulation
- 7. Supply Chain Documents and Contract Summarization
- 8. Telemedicine
- 9. Remote patient monitoring





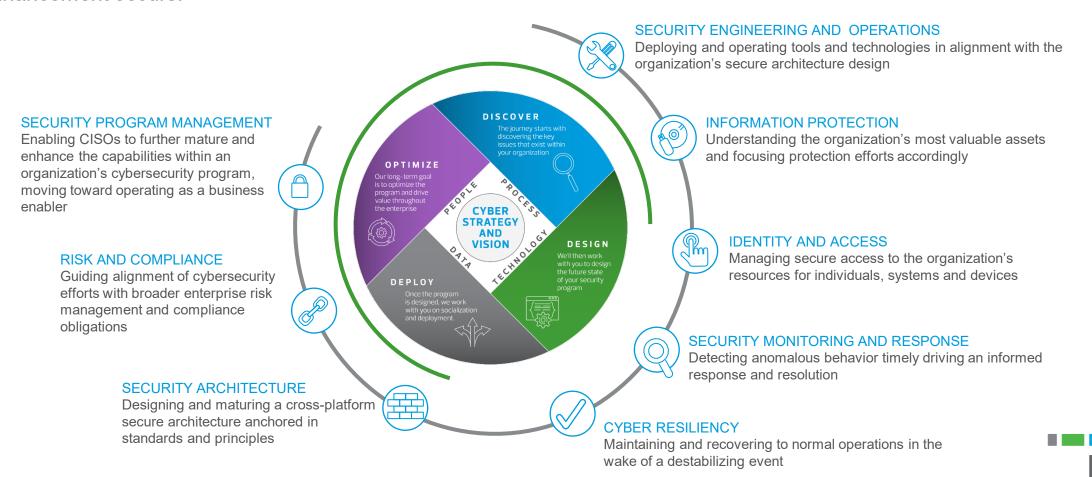
## Positioning for the Future



How do we Deal with all of this?

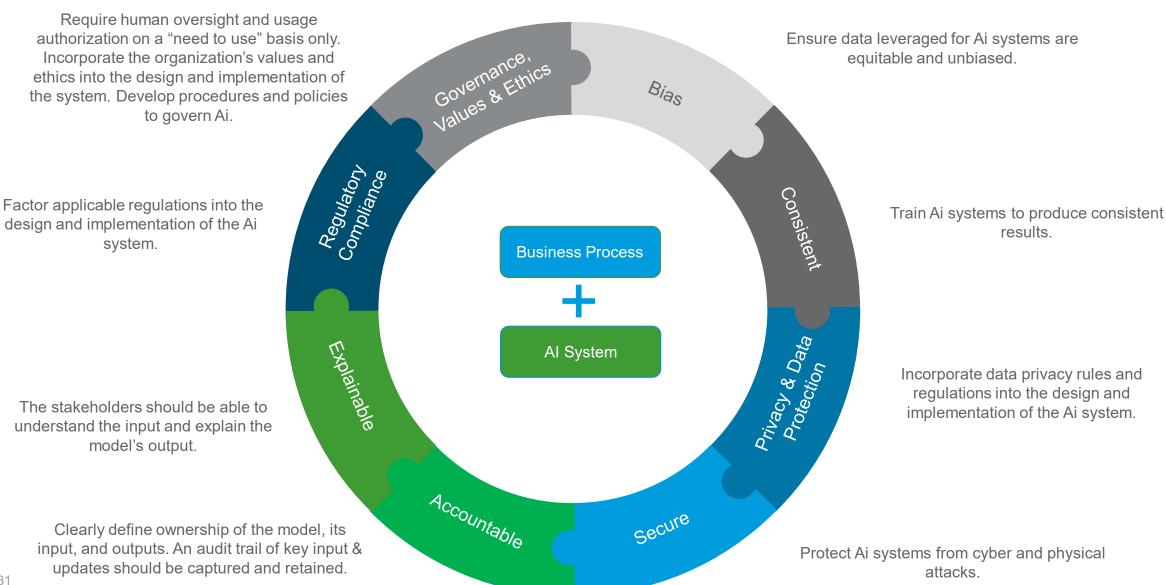
## Applying phased approach to cyber maturity

Developing your cyber program requires an iterative approach in which the organization proceeds starting with Discover through a Design and Deploy stage before progressing into an ongoing Optimize phase where long-term maintenance and enhancement occurs.



## RSM AI Governance Framework





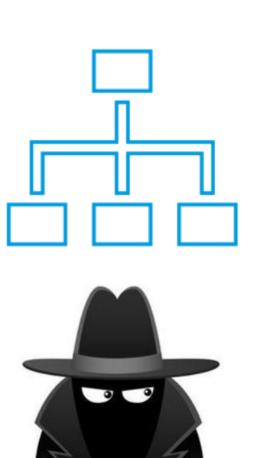
## Integrating security risk management with enterprise risk management

## Aligning risk acceptance processes

- Integrated with security governance processes
- Policies and procedures
- Risk acceptance forms
- Risk acceptance process (set acceptance frequencies)
- Risk acceptance review process (periodically)

## Reduce shadow IT risks

- Reduce opportunities to circumvent polices and procedures
- ARBs don't see everything
- Leverage deployed security technology





## **Effective Governance Committee**

## Implementing effective governance:

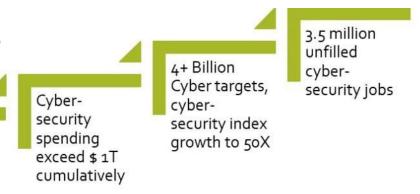
- Establish an effective committee charter
- Ensure affective committee composition
- Governance of policy oversight
- Mid-management risk review
- Document accountability
- Act on roles and responsibilities



## Evaluating adequacy of IT spend

- Evaluating IT spend
  - Industry average 5% security team size against IT employee group (Gartner)
  - Industry Average IT spend 3.49% of revenue (Deloitte/WSJ)
  - Security spend 4.9% of IT Spend (Gartner)

 Industry average security spend per employee spend \$388 (Gartner)



The global

cybercrime

damages at

\$6 trillion

annually

200 billion

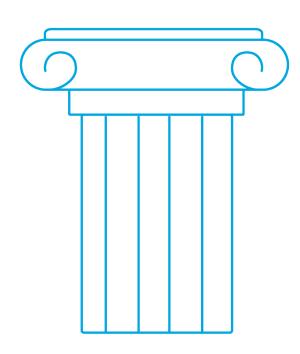
connected

internet

devices



## HITRUST CSF purpose



#### What is it?

A Common Security and Privacy Risk Management Framework built from other standards and authoritative sources

## Why is it used?

To provide coverage across *multiple* health care specific standards

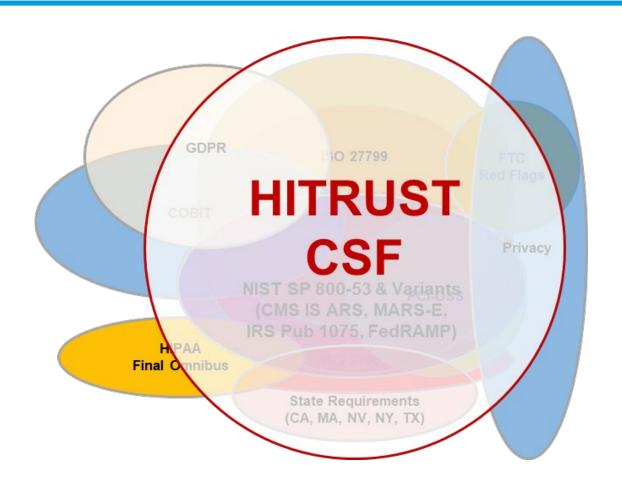
#### Who uses it?

Any organization that creates, accesses, stores or exchanges Protected Health Information (PHI)



## HITRUST CSF approach

- A comprehensive, industry-level overlay of the NIST RMF
  - Structured on ISO/27001
  - Built on NIST SP 800-53
  - Integrates many other relevant sources
- Designed by data protection professionals to address:
  - Risk Management Requirements
  - Security Requirements
  - Compliance Needs
- Provides the requirements and practices necessary to help ensure information and cybersecurity-related risks are managed smartly and consistent with business, risk and compliance objectives





## Expanded HITRUST CSF Assessment Portfolio | Maturity Levels

The table below outlines the difference in testing requirements for the each of the assessment types in relation to the HITRUST CSF Maturity Levels:

Assessment Type	Number Requirement Statements	HITRUST CSF Maturity Levels				
		Policy	Procedure	Implemented	Measured	Managed
Cyber Essentials (e1) Assessment	44			<b>/</b>		
Implemented (i1) Assessment	182					
Risk Based (r2) Assessment	450+	<b>\</b>		<b>\</b>	*	*

<sup>\*</sup>The HITRUST CSF requires testing of the Policy, Procedure, and Implemented, the Measured and Managed maturity levels are optional and not required to be tested.



## Applying More Focus on Privacy and Security for Healthcare Organizations

WHY IT MATTERS Each day security vulnerabilities are being identified and exploited by hackers which creates additional threats to healthcare organizations. The OCR remains committed with their oversight to protect individuals' health information privacy and security through enforcement and the pursuit of civil money penalties for violations that are not addressed.

The OCR's website for cases currently under investigation (https://ocrportal.hhs.gov/ocr/breach/breach\_report.jsf) reveal that within the past 24 months, 851 companies reported data breaches affecting nearly 91.3 million individuals. In 2023, 316 companies have reported data breaches affecting nearly 41.5 million individuals, where hacking or IT related incidents of network servers and email applications were listed among the highest areas affected. Nearly half of the reported data breaches were from business associates.

# Type of Breach Hacking Incident 90% Unauthorized Access 10% Location of Breach Wetwork Servers 97% Email Application 2%

## RSM HIPAA Privacy and Security for Healthcare

#### **Comprehensive Privacy and Security Approach**



Risk modeling to identify threats and vulnerabilities

Data boundary identification from on-premise to Cloud

Defense-in-depth security mindset

Aligned to Office for Civil Rights guidance

Aligned to frameworks such as NIST CSF and Privacy

## Security & Privacy Risk Analysis

- Assess organization-wide privacy and security programs
- Determine business unit data, system dependencies and process integration points
- Evaluate IT configurations and deployed security technology

# **Security & Privacy Compliance Assessments**

- Assess compliance to the HIPAA regulations
- Evaluate alignment with OCR guidance
- Evaluate alignment to industry standards
- Develop recommendations and a strategic roadmap to strengthen compliance with industry and regulatory standards

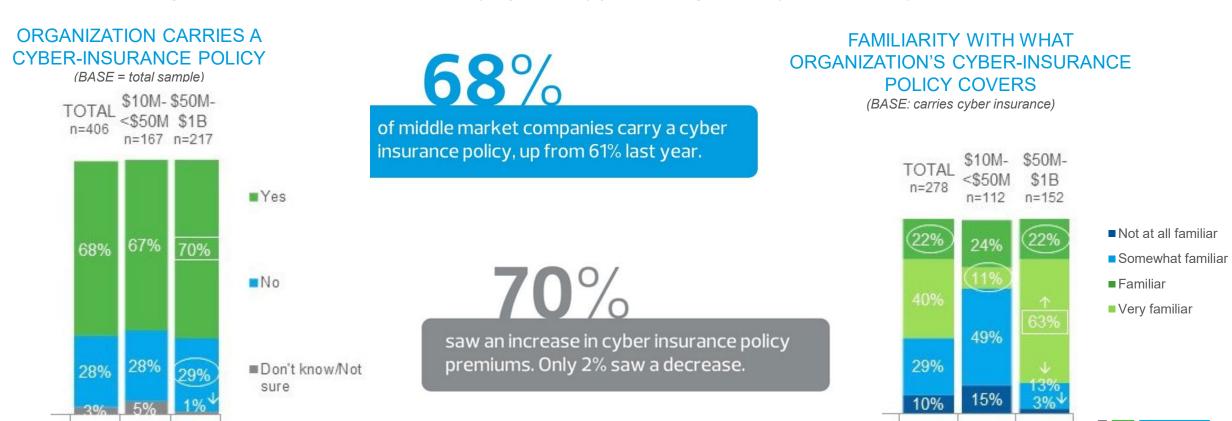
#### **Cybersecurity Services**

- Integrating cyber and enterprise risk
- NIST security engineering architecture assessments for system trustworthiness and resiliency
- Cloud architecture and configuration review
- Medical device security assessments
- Vulnerability and penetration security testing



## Cyber insurance

68% of respondents currently utilize a cyber insurance policy to protect against internet-based risks, increasing from 61% in last year's report. The number of smaller middle market companies with cyber insurance increased to 67% this year from 65% in 2022, while larger companies that reported carrying a policy jumped significantly to 70% this year from 57% in 2022.



Q1 '23

## Cyber Insurance: State of the Market Q1 '23

"Increased <u>competition</u> and <u>carriers' focus on growth</u> has resulted in present conditions in the cyber insurance market that are far more favorable than just a quarter ago..."

#### **KEY FACTORS IMPACTING INSURANCE MARKETS**

#### **Pricing**



- Many buyers may achieve increases of 25% or less at renewal. Select buyers with very strong programs may be able obtain preferrable pricing at lower than market rates
- Exceptional insureds may achieve flat renewals or slight rate decreases depending on their risk profile and whether they experienced substantial rate increases in 2021
- Majority of pricing flexibility is occurring in the excess layer of cyber insurance vs. the primary

# 200

#### **Rebounding capacity**

 Capacity returning to the market after seeing significant reductions in coverage in 2021 & 2022 as insurers look for additional sources of revenue and the population of insurable companies become more desirable for insurers



#### **Bringing compliance into focus**

• Emerging privacy laws and reporting requirements may contribute to increase in claims



#### **Restrictive terms and conditions** (representative examples)

- Focus on war exclusions in response to Russia-Ukraine war and past events (e.g., NotPetya)
- · Ransomware/cyber extortion coverage continues to be limited without basic cybersecurity controls
- Widespread event exclusions and sub-limits (e.g., SolarWinds)



#### Cyber security controls continue to be scrutinized

- Robust controls remain a pre-requisite for insurance coverage for the foreseeable future
  - Reviewing for accurate representation of controls; inaccuracies may complicate claims payouts



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