



# Disaster Recovery Checklist for Dental Practices

## Can your practice recover in under an hour?

Use this quick checklist to assess your readiness:

### Backup Systems

- ☐ Backups are **access-controlled**
- ☐ You have **HIPAA-compliant redundant backups** (local and cloud)
- ☐ Data is **backed up automatically** at least daily
- ☐ Backup systems are **monitored 24/7 for failures**

### Notifications & Escalation

- ☐ Your IT provider is **alerted immediately if a backup fails**
- ☐ There's a **clear point of contact** during a disaster event
- ☐ **Staff knows** who to call and what to do in case of downtime

### Recovery Readiness

- ☐ Your systems can be **restored within 1 hour**
- ☐ You've run a **successful recovery test** in the past 6 months
- ☐ **You have documentation** on recovery steps & contingencies



#### Red Zone (0-3 boxes checked)

Your practice is at risk.



#### Yellow Zone (4-6 boxes checked)

Some gaps.  
Time for a tune-up.



#### Green Zone (7-9 boxes checked)

You're in great shape.

**Have gaps?** Fill them in by contacting us today!