Dental IT Health Checklist (10 Vital Signs)

A quick self-check to reduce downtime, strengthen security, and keep your practice growth-ready.

Practice/Group:_____ **# Locations:**_____ **Date:**_____

Completed By: _____ **Role:**_____

The 10 Vital Signs (Yes = 1 point, No/Not Sure = 0 points)

1. Uptime & Single Points of Failure

If one device or one connection goes down, we have a fallback plan.

☐ Yes ☐ No ☐ Unsure

2. Backups You Can Actually Restore

We don't just "have backups"…we test restores and know our recovery timeline.

☐ Yes ☐ No ☐ Unsure

3. Ransomware Readiness (Prevent + Detect + Recover)

We have layered protection and 24/7/365 monitoring, plus a plan if something gets through.

☐ Yes ☐ No ☐ Unsure

4. HIPAA Safeguards (Practical + Documented)

Access, offboarding, and security practices are consistent and written down.

☐ Yes ☐ No ☐ Unsure

5. Identity & Access (MFA + No Shared Logins)

MFA is on where it matters (especially email/admin tools), and shared logins are gone.

☐ Yes ☐ No ☐ Unsure

6. Patch Management & Device Lifecycle

Updates happen on purpose (not after a crisis), and aging devices are on a replacement plan.

☐ Yes ☐ No ☐ Unsure

7. Dental Apps & Imaging Performance

Charts and imaging load fast during peak hours…operatories aren't waiting on technology.

☐ Yes ☐ No ☐ Unsure

8. Network Segmentation (Guest ≠ Clinical)

Guest Wi-Fi is separate from business/clinical systems, and devices are properly isolated.

☐ Yes ☐ No ☐ Unsure

9. Email Security & Phishing Defense

We have strong email protection and a simple "report suspicious email" habit.

☐ Yes ☐ No ☐ Unsure

10. Support Responsiveness & Accountability

We know who owns IT, expected response times, and what happens when it's urgent.

☐ Yes ☐ No ☐ Unsure

❌ **High Risk (0-3 "Yes")**   ⚠️ **Moderate Risk (4-7 "Yes")**   ✅ **Strong Posture (8-10 "Yes")**