![Ensora Health]

Do you know Ensora Mental Health supports MFA?

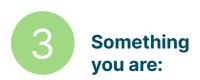## Your patients' health information is valuable—and not just to them.

Cybercriminals target healthcare accounts because of the sensitive data they contain. That's why we strongly recommend enabling Multi-Factor Authentication (MFA) on your account. MFA adds an extra layer of protection beyond just a password. MFA protects your account by **combining two or more of the following factors:**
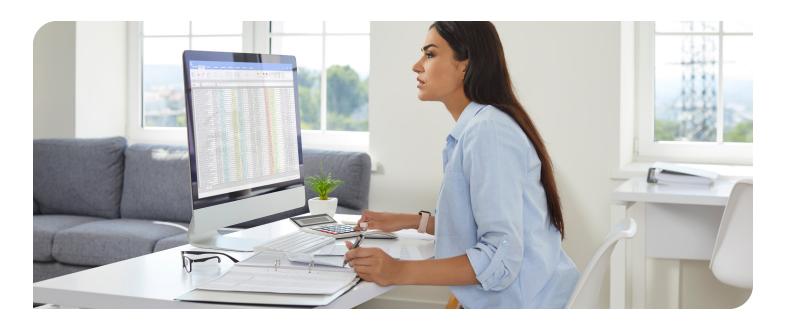
1 Something you know:

A **password** or **PIN**. This is the most common form of security—it's what you remember and type in to access your account. But if someone steals or guesses it, they can get in... unless you have more protection.

2 Something you have:

A **device** or **token** you physically possess. Examples include a code sent to your **phone** or **email.**

3 Something you are:

A unique **biometric trait.** These are hard to fake and they make logging in quick and seamless. Examples include your **fingerprint** or **facial recognition.**

MFA and HIPAA Compliance

The HIPAA Security Rule mandates that healthcare providers and their service partners implement technical safeguards to protect ePHI. MFA is strongly recommended as part of a risk-based approach to access control and authentication. Implementing MFA helps:

Prevent unauthorized access	Reduce the risk of data breaches	Demonstrate due diligence with regulatory audits

The U.S. Health and Human Services (HHS), through its 405(d) Program, identifies MFA as a critical cybersecurity best practice for the healthcare sector. HHS emphasizes that by implementing MFA, providers can strengthen their defenses against cyber threats. For further guidance, please review the Have you heard about Multi-Factor Authentication (MFA) resource.

The Cybersecurity and Infrastructure Security Agency (CISA) underscores that implementing MFA significantly enhances the protection of online accounts and the sensitive data they contain—even in cases where passwords are compromised. For further guidance, please review the More than a password resource.

Want more information about MFA and our products?

Visit ensorahealth.com