



## FILE LEVEL BACKUP VS. IMAGE BACKUP:



# What's Best for my Practice?

When it comes to data protection, not all backups are created equal. Imagine this – your server just crashed. Your data is gone. Now is not the time to be asking yourself what kind of backup you have and how long your data recovery will take! Having the right systems in place ahead of time is essential. In this white paper, you'll learn the difference between file level backups and image backups and, most importantly, what you need to protect your practice.



### File Level Backups 101:

The most common type of data backup, file level backups allow us to select which files and folders your practice wants protected. For example, you can choose to save practice management, imaging, QuickBooks or

other important documents. These file level backups are a great way to ensure that your data is protected however, should a disaster occur, you will only be able to restore the files you initially selected for your backup set.

In addition, the data restoration process with file level backups can take a long time to complete, depending upon the amount of data needed to recover. First, you must start from scratch to restore your system to working order. This means installing the operating system, then its service packs and security patches, correct software applications and the software used to back up your files. Then we can start restoring the files you initially selected for backup.



## Image Backups 101:

Image backups offer a more complete and well-rounded solution for dental practices. This is especially useful for practices who may have a need to one day quickly recover their entire system, as their entire data set is preserved. Image backups allow for a faster restoration of all information – reducing downtime and saving money.

This type of backup is most effective in the event of a total disaster such as theft, destruction of property, or hard drive failure, since it allows you to restore the exact system state, including OS and software applications with the correct version used by your practice, to an entirely new device. For example, if there were a server crash, you just need another server and all of your files and data can be pushed into the new hardware within a relatively short amount of time. In the meantime, you can access a virtualization of your data in the cloud, allowing you to view patient info, financials and schedules while you are down.



## What Do I Need for My Practice?

Time is an important factor to consider when choosing a type of backup for your practice. How much downtime can you afford in case of a disaster? If something goes wrong, an image backup will get you back up and running faster than a file level backup would. An image backup is the better choice because it provides less downtime and more comprehensive restoration capabilities.



## HTI Can Help

Backing up your data is one of the most important steps you can take to protect your practice. HTI offers two backup solutions – **Data Protection and Cloud Connect** – that proactively secure your data and provide peace of mind. **Data Protection** is a HIPAA compliant offsite

and onsite backup service that goes beyond just storing your files. HTI has a dedicated team to monitor, manage and remedy the issues. **Cloud Connect** is a cloud-based disaster recovery solution designed to help get your data back quickly and get you back up and running faster.

Both solutions are HIPAA compliant, designed specifically for dental practices and monitor your backup each morning to make sure everything is running smoothly. If for any reason the backup was unsuccessful, we are alerted and can immediately begin the troubleshooting process.

Call us today at 877-222-1508 to ensure the right solution is in place for your practice!