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About Us

Parallax Solutions is an information technology consulting firm located in the Cedar Valley, co-located with Mauer Eye Center. What we are trying to bring to the table is a clear understanding of how offices can utilize hardware and software to effectively manage their electronic information.

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I hope you have enjoyed this issue of our newsletter. If you are concerned that your network isn't living up to its potential, give us a call.

**Sincerely,**

Steve Bantz  
Health  
Information Technology  
Consultant  
Parallax Solutions  
319.235.8034

Featured Products

[iBackup](#)

Issue: # 12

Sept 2009

Welcome to the latest newsletter from Parallax Solutions. In this issue, I will be discussing the need for secure offsite storage of valuable data. You might think you are perfectly safe performing a daily tape backup, but you might want to think again.



Is tape backup enough?

As I have discussed in past issues of our technology newsletter, it is extremely important to perform daily backups of all data that you store on your servers. At the very least, I recommend that you have five tapes to cover a week's worth of backups with the most recent tape going home with the administrator of your network. Ten tapes in a two week cycle is even better. Of course, some of you might be using USB hard drives in lieu of tapes, which is perfectly fine. What would you do if there was a natural disaster that destroyed computer equipment at your place of work and possibly even the offsite tape? Yes, the chances of this are remote, but your data is priceless.

The answer? Geographically disperse your backups to online data repositories set up to offer this service safely and securely. In the event of an extreme natural disaster, at least you can rest assured that your data is available somewhere and can be retrieved when you get to a point where your new server is again operational.

So, what is required to do this? First, this is reliant on an adequate Internet connection since you will be transferring a large amount of data within a time window. I don't recommend less than a good broadband connection if you intend to back up large sets of data. As an example, for one client I work with, we back up everything to tape nightly (about 80gb of data) and run a weekly transfer of select data (medical records databases and financial databases totaling 13gb) to the offsite facility once a week. Once you have sufficient bandwidth, the next step is choosing a service to provide HIPAA compliant storage for you. The data needs to be secure in both transmission and as it is stored.

What services are out there for you? We have had good success with [iBackup Professional](#) and [Amerivault](#). Both are fully HIPAA compliant with easy to install interfaces. Basically, you install the software on your file server, set up an account, pick what you want to backup and set a schedule. Services price their plans based on the amount of data you want to store. You can back up as little or as often

as you want, but you have to be aware that off hours are ideal so you aren't stealing bandwidth from other services, such as remote access VPN connections.

For clients with larger data requirements, [Barracuda Networks](#) has an excellent product that backs up data to a local appliance and then sends it to east coast and west coast servers. The appliance manages it ALL and even has a customizable bandwidth throttle so you can adjust how much it will use. Slick.



### How are your UPS batteries doing?

UPS batteries generally have an expected life of 4-5 years. Make sure to note the purchase date of your batteries. They usually have a sticker right on them that indicates when they were charged for delivery. Your UPS will usually tell you when the battery is ready to be replaced by flashing a red indicator (in some models), but don't count on it.



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