

## How to Access Free HIPAA/Cyber Training on TMHCC CyberNET®

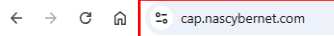
Physicians and office staff understand that the Health Insurance Portability and Accountability Act (HIPAA) is federal law. It was designed to provide privacy standards to protect patients' medical records and other health information. Nevertheless, many fail to recognize that they are not in compliance with federal privacy laws enacted since HIPAA. With an increase in the number of audits conducted for HIPAA compliance and larger penalty amounts, failing to comply with federal privacy laws is not something you can afford to do.

Most HIPAA violations are due to human error. For this reason, the most critical thing you can do is start by training all new employees and conduct annual staff training. Every physician and practice must ensure that all staff members understand the importance of patient privacy and the seriousness and potential penalties of even one violation. This training should demonstrate an awareness of and a commitment to HIPAA compliance.

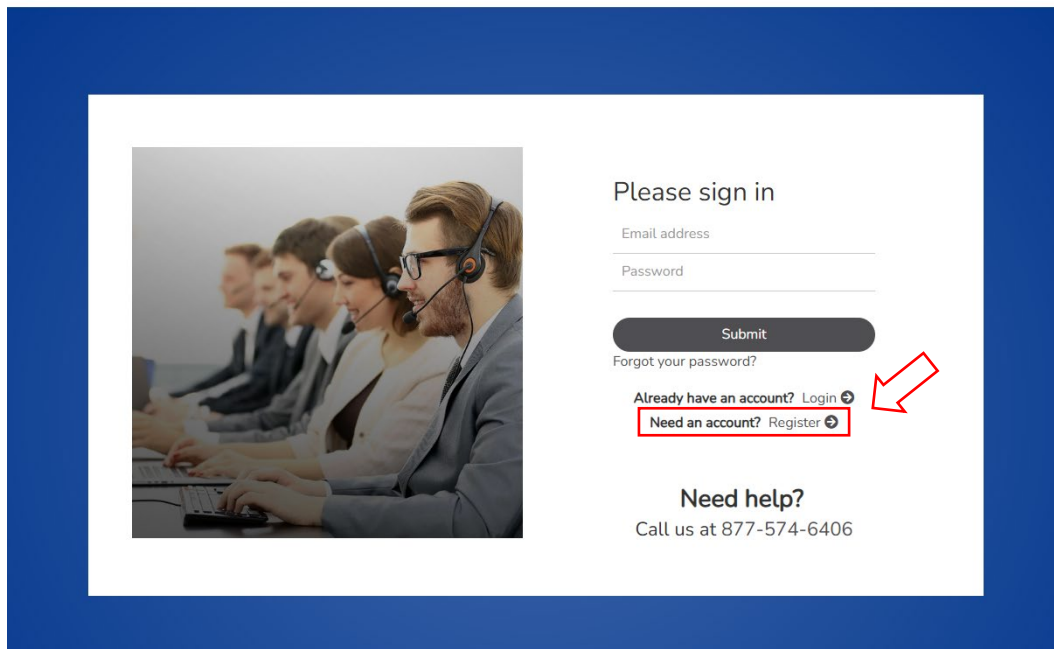
TMHCC CyberNET® has free online courses for members of the Cooperative of American Physicians, Inc., covering the basics of privacy/data security for individuals who handle sensitive information.

Please follow these simple instructions to access your online training. Upon completion of a course, a certificate is automatically generated that can be printed or saved. This can be used to prove compliance.

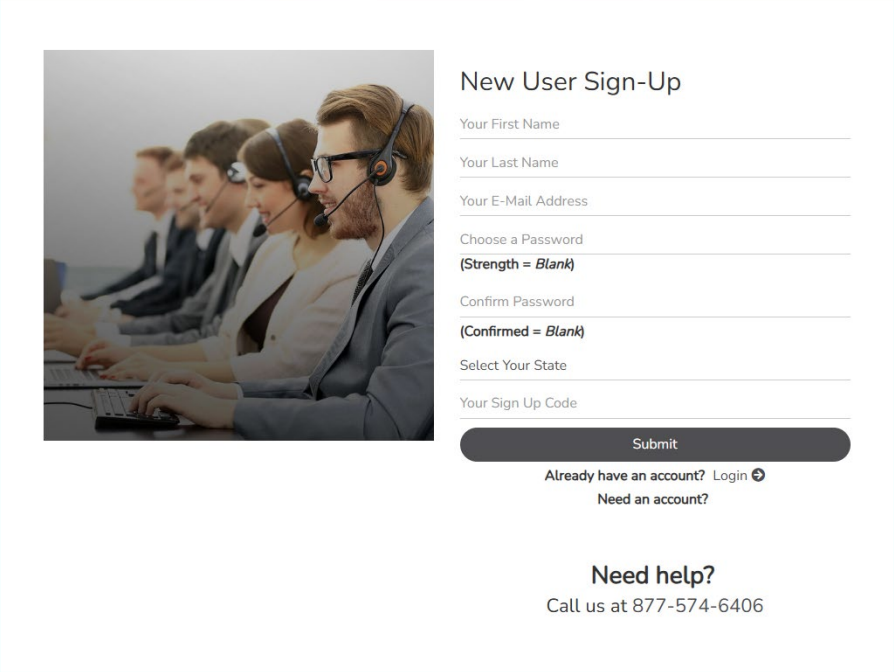
1. Start by going to: <https://cap.nascybernet.com/>



2. First time users will need to create an account before they can access the training materials.

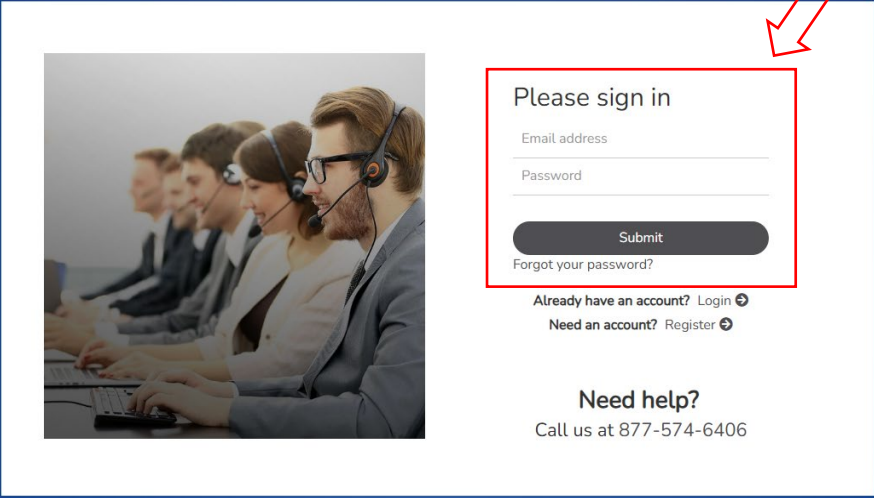


3. First time users will need to use their CAP member number as the "Sign Up Code." Once registered, you will be able to create a username and password. The CAP member number is not the same as the CAP entity ID. For assistance obtaining your member number, please call: 888-645-7237.



The image shows a "New User Sign-Up" form. On the left is a photograph of a call center agent. The form fields are: "Your First Name", "Your Last Name", "Your E-Mail Address", "Choose a Password (Strength = Blank)", "Confirm Password (Confirmed = Blank)", "Select Your State", and "Your Sign Up Code". Below the fields is a "Submit" button, followed by links for "Already have an account? Login" and "Need an account?". At the bottom, it says "Need help? Call us at 877-574-6406".

4. Sign in to your account using an email address and password you created.



The image shows a "Please sign in" form. On the left is a photograph of a call center agent. The form fields are: "Email address" and "Password". Below the fields is a "Submit" button, followed by a link for "Forgot your password?". Below that are links for "Already have an account? Login" and "Need an account? Register". At the bottom, it says "Need help? Call us at 877-574-6406". A red box highlights the sign-in fields, and a red arrow points to the top right corner of the form area.

5. Click on the **Training & News** tab.

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# Welcome to TMHCC CyberNET

Home

Ransomware  
Email Fraud

## NEW ATTACKS HAPPEN EVERY DAY

Is your organization prepared and protected?

### In the News

Industry specific talks on the main stage

6. Under cyber training, click on **Training Courses** to access the training material.

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# Training & News

Home > Training & News

## Training Courses

Train employees on data security best practices with interactive online courses addressing key privacy and data security issues broken down into manageable segments.

[Read More](#)

## Cyber News

Stay up to date with articles providing summaries of significant privacy and data security news with practical guidance to defend against these threats. Updates on federal and state laws, court decisions, and regulatory activity regarding data privacy and security also included.

[Read More](#)

## 7. Scroll Down to **Healthcare Training Series.**

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# Training Courses

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### Social Engineering

Social engineering attacks are one of the main causes of data breaches. This series will prepare employees for common social engineering attacks and give you the tools to protect your devices and information.

- Phishing, Smishing, Vishing (11 Mins.)
- Ransomware (11 Mins.)
- Business Email Compromise (11 Mins.)
- Wire Transfer Fraud (6 Mins.)

### Introduction to Breaches

A data breach could be devastating to your organization. These three courses provide an overview of data breaches, how they can occur, how to prevent them and the laws that regulate data security.

- Data Breaches 101 (7 Mins.)
- Data Privacy Laws (15 Mins.)
- Human Error in Cybersecurity (8 Mins.)

### Data Security Basics

Understanding how to keep your devices secure can give you and your organization a leg up when it comes to preventing a data breach. This mini-series explains the basics when it comes to data security best practices.

- Malware (10 Mins.)
- Password Best Practices (10 Mins.)
- Public Wi-Fi (11 mins.)

### Safeguarding Information

Information is one of the most valuable resources a company has. This course describes the importance of maintaining a safe environment for sensitive information, identifies the value of technical safeguards and delves into the best practices for handling sensitive information.

- Safeguarding Information (20 min)

### PCI Training Series

The Payment Card Industry Data Security Standards require organizations that accept payment cards to train their employees on best practices to prevent the theft of cardholder information. This series covers basic steps to protect cardholder information.

- Identifying Fraudulent Payment Cards (10 Mins.)
- Inspecting Credit Card Machines (8 Mins.)

### Healthcare Training Series

The HIPAA Compliance Series covers patients' rights and the obligations of healthcare providers under HIPAA. The material included will prove useful for all Covered Entity and Business Associate staff.

- Privacy Basics (40 Mins.)
- Privacy Basics 2 (40 Mins.)

8. Click on each HIPAA Healthcare Training Series “Privacy Basics” training series to begin.



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