

**Jay Karr**  
Technology  
Consultant

# The Tech Savvy Social Worker: Ethical, Legal, and Smart Use of Technology Best-Practice Systems & Apps



## LASTPASS

<https://www.lastpass.com/>

Free password management for all of your devices to generate, securely save, and auto-fill passwords



## GOOGLE G SUITE

<https://gsuite.google.com/>

G Suite can support HIPAA compliance with a BAA, allowing PHI with core apps including Gmail, Calendar, Drive, Keep, Sites, Chat, Meet, and Tasks



## FILEVAULT

<https://support.apple.com/en-us/HT204837>

## VERACRYPT

<https://www.veracrypt.fr/en/Home.html>

Enable whole-disk encryption on macOS or Windows 10



## SIGNAL

<https://signal.org/>

Free, end-to-end encrypted messaging that should qualify as conduit under the HIPAA Business Associate Rule



## DOXY.ME

<https://www.doxy.me/>

## VSEE

<https://vsee.com/>

Free, secure video conferencing with BAA



## HIPAA COW

<https://hipaacow.org/resources>

Excellent free resource with documents including privacy & security, risk toolkit, and example policy and procedure templates

## MY TECH TASKS



Enable full-device encryption on my desktop PCs, laptops, and smartphones



Implement a strong password policy, setup a password manager, use two factor authentication (2FA)



Move email to Google G Suite or Microsoft Office 365 for Business



Install antivirus and antimalware apps and operating system updates



Conduct a risk assessment