

# Diagnose the digital health of your practice

1 Are you pressured to increase efficiencies and drive profitability?  
If yes, you may have acute administration fatigue.

20 patients per day are seen by most primary care physicians, with average visits lasting 18 minutes.<sup>1</sup>

44% of healthcare consumers pay medical bills faster when they receive digital or phone notifications about billing, and 49% would pay by text if available.<sup>2</sup>

**Your digital health plan:** Free your clinicians and staff to focus on patient care — instead of the technology that powers it — by minimizing manual tasks and supporting high-speed access to digital payments, remote monitoring data and EMRs. Look for all-in-one options that include equipment, fiber connectivity with a 100% uptime service-level agreement guarantee, and provider-managed support.

2 Are you struggling to support remote workers?



If so, you may suffer from distributed practice disorder.

52% of medical groups support a remote workforce.<sup>3</sup>

**Your digital health plan:** Whether your remote workers are scheduling appointments or facilitating telehealth sessions, keep them connected seamlessly and securely anywhere, on any device, with unified communications for voice calling, videoconferencing, text, internet-fax and rapid EHR transmissions.

3 Are you confident your data is secure and compliant?  
If not, you are likely experiencing security insecurity syndrome.

264% increase in ransomware attacks on healthcare organizations over the past five years.<sup>4</sup>

**Your digital health plan:** Take action to ensure your practice's IT infrastructure is secure on-site and in the cloud. Adopt advanced, HIPAA-compatible security, including a next-generation firewall, unified threat management, multifactor authentication and zero trust network access. Seek a technology provider that will manage and update the security for you.

## Your digital Rx

These conditions are quite treatable when you have the right technology partner. Studies have shown high success rates when healthcare practices work with Spectrum Business® to support their distributed workforces, secure their IT infrastructures, and create cost- and time-saving operational efficiencies.

[Learn more](#)

Sources:

- 1 Jeffrey D. Shahidullah, "The Hidden Crisis in Primary Care," U.S. News & World Report, January 4, 2023.
- 2 Tyler Eppley, "Top 3 ways digital payments can transform the patient experience," U.S. Bank, September 1, 2023.
- 3 Chris Harrop, "Healthcare's Goldilocks moment on remote work: Medical groups settle into their 'just right,'" MGMA Stat, June 22, 2023.
- 4 "HHS' Office for Civil Rights Settles Second Ever Ransomware Cyber-Attack," U.S. Department of Health and Human Services, February 21, 2024.