



OREGON MEDICAL PRACTICE TECHNOLOGY REPORT

2026 EDITION

Funding • Cybersecurity • HIPAA • Technology Strategy



Funding & Grants



HIPAA Compliance



Cybersecurity



Technology Roadmaps

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About This Report

ABOUT THIS REPORT

- Built for independent medical, dental, and outpatient practices across Oregon navigating rising technology costs and cyber risk.
- Combines funding research, cybersecurity guidance, and practical roadmaps in one reference.
- Written by Vault Technologies, an Oregon-based, veteran-owned and woman-owned managed IT provider serving healthcare organizations.

HOW TO USE THIS GUIDE

- Read sequentially, or jump to the chapter most relevant to your practice's current stage.
- Use the checklists and worksheets in Chapters 14–17 and 24–25 as working documents.
- Bring the Comparison Matrix and ROI Calculator into budget conversations with your leadership team.



Who We Serve

Senior living, home health, hospice, and medical, dental, and outpatient clinics with 5–100 employees seeking dependable, compliant technology support.



Disclaimer & Data Sources

Figures are drawn from federal and Oregon state program documentation, industry benchmarks, and Vault's client engagement experience. Programs and figures change; confirm current details before applying.



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OUR MISSION

Give Oregon medical practices the funding strategy and technology roadmap to protect patients and operate with confidence.

OUR PROMISE

Secure. Reliable. Dependable.
Healthcare IT built around patient care, not ticket counts.

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Letter from the Founder

“Technology should empower your practice, not get in the way of patient care.”

Vault Technologies was founded on a simple belief: the practices and care organizations that serve our communities deserve technology partners who understand their mission, not just their network diagrams.

My co-founder Kristina brings 15 years of nursing experience including hospice, elderly care, and home care to every conversation we have with healthcare clients. That clinical perspective shapes how we design our service tiers, our security stack, and our SLAs around the realities of patient care — not generic IT checklists.

This report exists because too many Oregon practices are making technology decisions reactively, after a scare, instead of proactively, with a funded plan. Whether you read this cover to cover or jump straight to the worksheets, our goal is the same: help you build a technology foundation that is secure, reliable, and dependable.

Michael Anderson

Co-Founder & Technical Architect, Vault Technologies LLC



Veteran-Owned



Woman-Owned



Healthcare-Focused



Oregon-Based

CHAPTER 5

05



Why Technology Funding Matters

The cost of standing still is rising faster than the cost of upgrading.

IN THIS CHAPTER

- Rising technology costs are outpacing typical practice operating budgets.
- Cybersecurity threats are increasingly targeting small healthcare providers.
- Aging systems create hidden risk to uptime and compliance.
- Outdated technology slows front-desk and clinical workflows.
- Reliable technology directly supports better patient care.



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CHAPTER 6

06



Understanding Healthcare Technology Funding

Funding for practice technology comes from more sources than most owners realize.

IN THIS CHAPTER

- Federal programs supporting rural and underserved healthcare technology.
- Oregon state programs through health and economic development agencies.
- Regional and county-level grant opportunities.
- Private foundation grants tied to healthcare access.
- Financing and leasing options for larger technology investments.



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CHAPTER 7

07



Top Funding Opportunities

A starting shortlist of programs worth investigating for most Oregon practices.

IN THIS CHAPTER

- USDA Rural Development technology and infrastructure programs.
- HRSA grants supporting healthcare access and quality.
- SBA loan and resource programs for small healthcare businesses.
- Oregon state-level technology and economic development programs.
- Local and regional economic development resources.



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Federal Funding Programs

Programs to evaluate at the national level.



USDA Rural Development

Loan and grant programs supporting technology infrastructure in qualifying rural service areas.



Distance Learning & Telemedicine

USDA program supporting telehealth equipment and connectivity for rural providers.



HRSA

Health Resources & Services Administration grants tied to access, quality, and health IT.



SBA Resources

Small Business Administration loan guarantees and technical assistance programs.



EDA

Economic Development Administration funding for regional infrastructure investment.



Workforce Development

Programs supporting staff training tied to new technology and systems adoption.



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Oregon Funding Programs

State and regional programs specific to Oregon practices.



Oregon Health Authority

State health agency programs supporting provider technology and access initiatives.



Business Oregon

State economic development agency offering loans and grants for qualifying businesses.



Oregon SBDC

Small Business Development Center network providing funding guidance and advising.



Regional Economic Development

Oregon's regional development districts offering localized funding support.



County Resources

County economic development offices with discretionary technology support funds.



Rural Healthcare Partners

Oregon rural health associations connecting practices to funding opportunities.



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Building Your Funding Strategy

A repeatable six-step process for turning a technology need into a funded project.

1

Identify Projects

List the technology gaps affecting security, compliance, or patient care.

2

Confirm Eligibility

Match each project against federal, state, and regional program criteria.

3

Gather Documentation

Collect financials, entity records, and project justification materials.

4

Build Budget

Develop itemized costs with vendor quotes and contingency.

5

Apply

Submit applications within program windows, tracking deadlines closely.

6

Implement Technology

Deploy with a qualified MSP and document outcomes for renewal cycles.



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CHAPTER 11

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Technology Projects Worth Investing In

Where funded technology dollars deliver the strongest return for a practice.

IN THIS CHAPTER

- Cybersecurity tools that reduce breach and ransomware exposure.
- Cloud platforms that improve access and collaboration.
- Backup and disaster recovery to protect patient data.
- Network upgrades supporting speed and reliability.
- Telehealth platforms expanding patient access.
- Automation reducing administrative workload.



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Technology Project Comparison Matrix

Comparing common technology projects across cost, risk, and funding potential.

Project	Cost	Risk Reduction	Patient Impact	Funding Potential	Priority
MFA	\$	High	Low	High	1
Endpoint Security	\$\$	High	Medium	High	2
Backup & DR	\$\$	High	High	High	1
Microsoft 365	\$\$	Medium	Medium	Medium	3
Firewall Upgrade	\$\$	High	Low	Medium	2
Wi-Fi Upgrade	\$	Low	Medium	Low	4
Telehealth	\$\$\$	Low	High	High	3
Hardware Refresh	\$\$\$	Medium	Medium	Medium	4

Priority reflects typical sequencing for a security-first modernization plan — confirm against your own risk assessment and current environment.



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CHAPTER 13

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HIPAA & Cybersecurity Readiness

Compliance and security are no longer optional line items — they are operating requirements.

IN THIS CHAPTER

- HIPAA Security Rule expectations for technical safeguards.
- Multi-factor authentication across all systems.
- Encryption for data at rest and in transit.
- Email security to stop phishing-driven breaches.
- Regular backup testing, not just backup scheduling.
- Ongoing staff security awareness training.



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Healthcare Cybersecurity Checklist

Use this checklist to assess your current security posture.

- Multi-factor authentication (MFA) enabled on all accounts
- Backups tested on a regular, documented schedule
- Antivirus / EDR active on all endpoints
- Email security and phishing protection enabled
- Staff security awareness training completed
- User access reviewed and least-privilege enforced
- Wi-Fi networks secured and segmented
- Incident response plan documented and accessible



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Funding Readiness Checklist

Confirm these items before submitting a funding application.

- Project clearly defined with measurable outcomes
- Budget estimated with vendor quotes attached
- Technology roadmap completed and documented
- Vendor quotes collected and compared
- Program eligibility reviewed against requirements
- Leadership approval secured
- Application timeline and deadlines mapped



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Example Modernization Roadmap

Small Family Practice — 8 Employees — 1 Location

BEFORE

- Old, unsupported PCs
- Consumer-grade Wi-Fi
- No multi-factor authentication
- Unverified, untested backups

AFTER

- Managed firewall in place
- Multi-factor authentication enforced
- Microsoft 365 fully deployed
- Backup testing and quarterly reviews



OUTCOME

This Practice reduced downtime risk, met HIPAA technical safeguard expectations, and gained a predictable monthly technology budget — without disrupting patient scheduling.



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12-Month Technology Roadmap

A practical quarter-by-quarter sequence for most practices.

Q1

Assessment & Security Basics

Baseline assessment, MFA rollout, endpoint security deployment.

Q2

Microsoft 365 & Backup

Cloud productivity migration and verified, tested backup implementation.

Q3

Network & Wi-Fi Upgrades

Managed firewall, segmented Wi-Fi, and network performance improvements.

Q4

Planning, Budgeting & QBR

Year-in-review, lifecycle planning, and next-year budget development.



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Technology Lifecycle Planning

Plan replacement cycles before failure forces the decision.



Workstations

Replace every 4–5 years to maintain performance and vendor support.



Laptops

Replace every 3–4 years given higher daily wear and mobility demands.



Firewalls

Replace every 4–5 years to keep pace with evolving threat protection.



Switches

Plan for a 5–7 year lifecycle under normal operating conditions.



Wireless Access Points

Replace every 4–5 years to support modern device density and speed.



Servers

Plan for a 5-year replacement cycle to manage risk and warranty coverage.



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CHAPTER 19

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Budget Planning & Sample Investments

Treat IT as a planned investment line, not a surprise expense.

IN THIS CHAPTER

- Shifting from reactive spending to planned investment.
- Reducing the frequency of surprise technology costs.
- Organizing spending into clear budget categories.
- Conducting an annual technology budget review.



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ROI Calculator & Sample Budgets

Illustrative outcomes at four common investment levels.

Budget	Downtime Avoided	Risk Reduced	Efficiency Gained	Patient Experience
\$5,000	Limited	Low–Medium	Limited	Minimal
\$10,000	Moderate	Medium	Moderate	Improved
\$25,000	Significant	Medium–High	Significant	Improved
\$50,000	Substantial	High	Substantial	Strong

Figures are illustrative planning estimates, not guarantees. Actual outcomes depend on current environment, scope, and execution.



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CHAPTER 21

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Choosing the Right IT Partner

Not every MSP understands the operational realities of patient-facing practices.

IN THIS CHAPTER

- Demonstrated healthcare knowledge and client experience.
- Documented, consistent response times.
- A modern, layered security stack as a baseline, not an upsell.
- Thorough documentation of your environment.
- Coordination with your other technology vendors.
- Regular quarterly business reviews (QBRs).



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Questions Every Practice Should Ask an MSP

Use these questions to evaluate any IT provider you are considering.

- Do you support healthcare clients specifically?
- How do you handle HIPAA compliance requirements?
- Do you test backups, or only schedule them?
- Do you provide regular quarterly business reviews?
- What is your guaranteed response time?
- What security tools are included in your base package?
- Do you help with technology budgeting and planning?



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About Vault Technologies

Oregon's healthcare-focused managed IT partner.



Who We Are

A veteran-owned, woman-owned managed IT services provider based in Cottage Grove, Oregon.



Who We Serve

Senior living, home health, hospice, and medical, dental, and outpatient clinics across Oregon.



What We Do

Remote-first managed IT, cybersecurity, compliance support, and strategic technology planning.



Why Healthcare

Co-founder Kristina brings 15 years of nursing experience including hospice, elderly care, and home care to every engagement.



Oregon-Based Support

Local presence with a remote-first delivery model built to minimize disruption to patient care.



PracticeProtect™ Framework

Vault's structured approach to security, compliance, and reliability for patient-facing practices.



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Free Healthcare Technology Readiness Assessment

WHAT'S INCLUDED

- Security & HIPAA gap review
- Network and backup evaluation
- Funding opportunity screening
- Plain-language summary report

WHAT YOU RECEIVE

- A prioritized action list
- Estimated funding eligibility
- Sample budget ranges
- No-obligation recommendations

WHO IT'S FOR

Any Oregon medical, dental, senior living, home health, or hospice organization with 5 or more employees evaluating its technology and security posture.

NO OBLIGATION • NO PRESSURE • JUST CLARITY



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Appendix: Worksheets & Resources

Reference list of working documents to use alongside this report.

- Technology inventory worksheet
- Vendor list and contact log
- Backup test log
- Cybersecurity checklist (see Chapter 14)
- Budget planner
- Assessment link: VaultTechnologies.tech/assessment



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