



September Newsletter

## Your Free Monthly Shred & Med Waste News!

Visit our website



### No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for your:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHRED ON SITE!**

**FRIDAYS FROM 9:30AM-10:30AM**

Peter's Hardware  
975 SE Federal Hwy, Stuart, FL  
(Across from the McDonald's on Us-1)

*\$20/ Box. \$25/hard drive.  
(CASH only. Credit Cards for 5 or more boxes)*

### September Special!

*10% Off 150 Box or More Purge*

\*Valid only if booked & performed in month of September.



### Are You Compliant? We Can Help!

All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

**For More Information,  
Call 772.222.3266**

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**Florida Orthopedic Institute Settles for \$4M over Data Breach**



## How To Protect Your Data Online

The Florida Information Protection Act of 2014 was created to protect the personal information of Floridians. The Act provides the following protections:

- Proper notice of a breach must be given to consumers within 30 days unless good cause is shown for an additional 15 days.
- Notice to the Attorney General if the breach impacts 500 or more individuals.
- Expands the definition of personal information.
- Requires both businesses and the government to take reasonable measures to protect data.
- Requires Attorney General's office to provide an annual report to the Legislature regarding data breaches involving governmental agencies.
- Authorizes enforcement of Florida's Unfair and Deceptive Trade Practices Act for any statutory violations.

Source: Myfloridalegal.com



The Florida Orthopedic Institute reached a \$4 million settlement over a data breach that occurred in 2020.

The breach affected over 640,000 individuals, making it the 5th largest in 2020.

The practice was victim of a ransomware attack on its server, which resulted in patient data like names, Social Security numbers, birth dates, health insurance information and medical information being leaked.

The plaintiffs sought a class action lawsuit for failure to properly secure and safeguard protected health information and failure to disclose the leak in a timely manner.

[Click Here to Learn How About Healthcare Shredding](#)

Source: Cybersecurity News

## The Great Benefits of Coffee



Coffee has a brain booster in it - a compound referred to as trigonelline. It releases dopamine



## Safely Destroy Old Hard Drives!

**The only way to guarantee that everything on your old hard drive has been destroyed is to SHRED them!**

- Hard Drives Can Have Millions of Pages of Documents
- 1 Terabyte is Estimated to Have 100 Million Double Sided Pages
- It is Cost Effective to Shred Hard Drives
- It Guarantees Peace of Mind

[Click Here To Learn About Hard Drive Destruction!](#)

**Call Now for a Free Quote 772.222.3266**



## Food is the Best Medicine

How are we supposed to know the healthiest way to eat when there are so many plans out there? Is it the Mediterranean diet? Vegan? Vegetarian? Paleo?

Healthy eating along with exercise is the best way to prevent health problems.

The best diet is one that allows you to stick to it in the long run. Here are some tips for a healthy long term diet:

- **Be Aware of Portion Sizes** - Most Americans eat meals that are too big. Limiting portion sizes is an easy fix that will yield results.

and can even help heal damaged neuron networks in our brains as we age.

Coffee also can help your body process glucose and those who drink it are found to be less likely to develop type 2 diabetes.

Drinking one to two cups of Joe a day can also help fight heart failure.

Caffeine has been linked to a lower change of developing Parkinson's disease.

Both regular strength and decaf coffee have been shown to have a protective impact on your liver. Those who drink it regularly have enzyme levels in a healthier range than those who do not drink it.

It also decreases your odds of getting colon cancer as well as colorectal cancer.

Caffeine in two cups of coffee has been found to provide protection against Alzheimer's disease and dementia.

Source: GreenMedInfo & John's Hopkins

- **Limit Added Sugars** - Corn syrup high fructose corn syrup, brown sugar and honey are added sugars. Those normally present in fruit are not considered added sugar. Limit added sugar to no more than 10% of daily calories. It's easy to improve your diet by substituting fruits and vegetables for sugar in snack foods.
- **Watch What Type of Fats You Eat** - Fats that are liquid at room temperature or oils are generally healthier than those that are solid. For the average person, you should aim for less than 20 grams of saturated fat per day.
- **Watch for Sodium** - Processed foods tend to be very high in salt. The daily recommendation is one teaspoon of salt (2,300 milligrams of sodium). One hot dog can have 900 mg of sodium. Beware of bacon, frozen pizza and salad dressings.
- **Create a Meal Plan** - Creating a menu ahead and prepping your meals as much as possible is a great way to stick to a plan. Tracking your food in a food journal is also beneficial.

Source: Epoch Times



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