

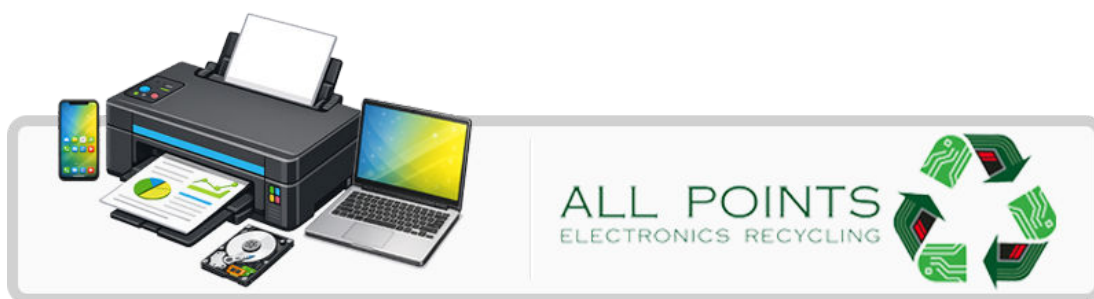


April Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



All Points is expanding! Check out our new division!

In addition to secure shredding and medical waste services, we now offer **All Points Electronics Recycling** — providing secure electronics recycling and IT asset disposition (ITAD) services.

From hard drives and servers to laptops and backup media, protecting sensitive data doesn't stop at paper. We now offer:

- Secure hard drive destruction
- IT asset disposition (ITAD)
- Electronics recycling
- Serialized tracking and certificates of destruction
- Responsible, compliant downstream recycling

This is a natural extension of our commitment to protecting our clients and making compliance simple. Same family-owned company. Same trusted team. Expanded services.

If you have electronics to recycle or [would like a quote](#), we would love to help.

Thank you for continuing to trust All Points.

[Visit Our New Website Today!](#)

uRISQ Module Spotlight

Is Your Digital Front Door Locked?

Think of your business website and firewall as your digital front doors. Hackers are constantly "knocking" to see if they're unlocked. Are you sure yours is secure?

With uRISQ's Threat Scanning module, you don't have to wonder. Each month, your systems are scanned just like criminals would do — only instead of exploiting what's found, you receive a clear report on any vulnerabilities and how to fix them.

This proactive approach keeps you a step ahead of attackers, reducing your risk of downtime, financial loss, and reputation damage. Don't let someone else find your weaknesses first.

Contact us to learn more about uRISQ: [772.222.3266](tel:772.222.3266)



Friday Shred Event: Two Locations!

Every Friday, All Points Mobile Shredding is offering a Shred Event for your:

- Confidential Documents
- Hard Drives

EVERYTHING IS SHREDDED ON SITE!

FRIDAYS FROM 9:30AM-10:30AM

Peter's Hardware:

975 SE Federal Hwy, Stuart, FL

April Special 1 Month Free Compliance Training

Sign a new 3-year Medical Waste contract in April and receive 1 month of FREE online compliance training.

- Applies to new Medical Waste contracts only
- Must be a 3-year agreement with standard terms
- Must be signed in the month of April
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

Compliance training isn't optional; it's the law. Let us make it easier and more affordable to get started.

Call us today at [772.222.3266](tel:772.222.3266) or visit allpointsprotects.com to learn more.

(Across from the McDonald's on US-1)

\$20/box, \$25/hard drive
(cash or check only)

All Points Mobile Shredding Cape Coral:

(Every second Friday of the month)
921 SE 13th Place, Cape Coral, FL

\$25/box (credit card/debit card only)



April Health & Wellness The Power of Hydration: What Drinking Enough Water Actually Does to Your Body

April showers bring more than flowers — they're a reminder that water is one of the most powerful tools you have for protecting your health.

A major study from the National Institutes of Health tracked over 11,000 adults for 30 years and found a significant connection between staying properly hydrated and healthy aging. Adults who maintained good hydration levels were less likely to develop chronic conditions such as heart disease, lung disease, and diabetes — and they tended to live longer than those who were consistently underhydrated.

Your body is roughly 60% water, and every organ system depends on it. Water makes up about 73% of the brain and heart, 79% of your



Are You Compliant? We Can Help!

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

**For More Information,
Call 772.222.3266**

All Points is Proud of Our Over 500 5-Star Google Reviews. Consider Writing One!



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 500 5-star Google reviews and very thankful to our wonderful clients who provided them!

muscles and kidneys, and even 31% of your bones. It plays a critical role in regulating body temperature, transporting nutrients, lubricating joints, and supporting cognitive function.

Even mild dehydration — losing just 1% to 3% of body weight in fluid — can impair concentration, increase headaches, and negatively affect mood and energy levels. Research shows that people who are adequately hydrated tend to perform better mentally and physically throughout the day.

Most experts recommend drinking about eight glasses of water daily, though individual needs vary based on activity level, climate, and health. And it doesn't all have to come from a glass — fruits and vegetables like watermelon, strawberries, and cucumbers are nearly 100% water by weight and contribute to your daily intake.

This April, make hydration a priority. It's one of the simplest things you can do to improve how you feel — and the research shows it can pay off for decades to come.

Sources: National Institutes of Health (NIH/NHLBI); Mayo Clinic; Healthline



Security & Compliance

HIPAA Enforcement Is Intensifying in 2026: Is Your Practice Ready?

[**Click Here to Read Our Google Reviews**](#)

[**Click Here to Write All Points a 5-Star Google Review!**](#)



The Science of Napping: How a Short Snooze Can Reboot Your Brain

Think napping is lazy? Science says the opposite.

A 2026 study published in the journal *NeuroImage* by researchers at the University of Freiburg and the University of Geneva found that even a short afternoon nap can reset the brain's ability to learn and process new information. The researchers discovered that during a nap, the brain reduces the strength of connections between nerve cells, a process called synaptic downscaling, which clears space for new memories to form. Until recently, scientists believed this "reset" only happened during a full night of sleep.

Additional research confirms that short naps of 20 to 30 minutes boost alertness, improve memory consolidation, and sharpen focus. A study from the UK Biobank involving nearly 379,000 participants found that habitual nappers had larger total brain volume, a marker of overall brain health, compared to non-nappers.

Napping also benefits mood and emotional regulation. When you're

If your business handles protected health information, 2026 is not the year to be caught unprepared.

The HHS Office for Civil Rights closed 22 enforcement investigations in 2024 alone — one of the busiest years on record — and the pace has not slowed. OCR's Director has confirmed that the agency's risk analysis enforcement initiative will expand in 2026 to also cover risk management, meaning the scope of investigations is getting wider, not narrower.

The most common reason for HIPAA penalties continues to be the failure to conduct a proper risk analysis — a requirement many small and mid-size healthcare organizations overlook. OCR has made it clear that no organization is too small to face enforcement. Solo practitioners, small clinics, billing companies, and IT vendors handling patient data have all received fines.

As of January 2026, the inflation-adjusted maximum penalty for a single violation category has risen to over \$2.1 million per year for cases involving willful neglect. Even lower-tier penalties now start at \$145 per violation for unknowing infractions. Multi-state attorney general actions are becoming more common as well, meaning a single breach could trigger penalties from multiple states simultaneously.

The message from regulators is clear: compliance is not optional, and enforcement actions carry consequences far beyond fines — including corrective action plans, operational disruptions, and lasting reputational damage.

The most effective step any healthcare business can take right now is to conduct (or update) a thorough risk analysis and ensure all staff have current compliance

sleep-deprived, working memory, the mental workspace you use for problem-solving and decision-making, takes a significant hit. Research using brain imaging shows that a brief nap can partially restore brain activation in regions essential for attention and working memory.

The key is keeping it short. Experts recommend 20 to 30 minutes for the best cognitive boost without grogginess. Napping late in the day can interfere with nighttime sleep, so early-to-mid afternoon is the ideal window.

So the next time you feel that afternoon slump, don't fight it. A quick power nap might be exactly what your brain needs.

Sources: Neurolmage (2026); Sleep Health Journal; The American Journal of Medicine



"Opportunity is missed by most people because it is dressed in overalls and looks like work."

- Thomas Edison

"The best time to plant a tree was 20 years ago. The second best time is now."

- Chinese Proverb

"What you do today can improve all your tomorrows."

- Confucius

training. All Points Mobile Shredding provides a Certificate of Destruction with every job and maintains NAID AAA Certification — the gold standard in secure destruction. Call us at 772.222.3266 to schedule your compliance consultation today.

Sources: HIPAA Journal; HHS Office for Civil Rights; Mercer



**WE OFFER ELECTRONIC &
HARD DRIVE DESTRUCTION**
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Call Now for a Free Quote
772.222.3266



Legal & Compliance
**2026 HIPAA Penalty Adjustments: What Florida
Businesses Need to Know**

Every year, the federal government adjusts HIPAA civil monetary penalties for inflation, and the 2026 numbers should get your attention.

As of January 28, 2026, the minimum penalty for an unknowing HIPAA violation has increased to \$145 per violation, while the maximum penalty for willful neglect that goes uncorrected has risen to \$2,190,294 per violation category per year. These adjustments were published in the Federal Register and apply to all penalties assessed going forward.

Criminal penalties remain severe as well. Individuals who knowingly obtain or disclose protected health information can face fines up to \$250,000 and imprisonment of up to 10 years. These penalties apply not just to organizations, but to individual employees who access records without authorization.

For Florida businesses specifically, the compliance landscape is layered. The Florida Digital Bill of Rights gives residents the right to access, correct, and delete personal information companies hold on them. The Florida Information Protection Act requires breach notification within 30 days. And FACTA mandates that paper records containing consumer information be rendered unreadable at the time of disposal, with non-compliance penalties reaching \$2,500 per file.

The takeaway for every business handling sensitive data is straightforward: partner with a certified destruction provider, keep your compliance training current, and document everything. All Points Mobile Shredding is NAID AAA Certified and provides a Certificate of Destruction with every service. Call 772.222.3266 to schedule your secure shredding today.

Sources: HHS Federal Register (January 28, 2026); HIPAA Journal; AllPointsProtects.com

Check Out Our 5-Star Google Reviews Here!

[Click Here to Learn About On-Site Shredding](#)

[Click Here to Learn About Electronics Destruction](#)



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