

# EXPRESSO

The Risk Assessment Express



**HIPAA**  
Survival  
Guide

3Lions Publishing, Inc.

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# Introduction

What is Espresso™? Espresso™ is a software-as-a-service (“SaaS”) that embodies the National Institute of Standards and Technology (NIST) seven (7) step process for performing Risk Assessments. Espresso™ builds on the NIST foundation to facilitate performing Risk Assessments by rationalizing the NIST methodology in a manner that makes it accessible to lay persons. What QuickBooks Online (“QBO”) did for accounting Espresso™ does for Risk Assessments. QBO did not eliminate all the work associated with accounting, but transformed accounting from a necessary evil, something to be avoided at all costs and/or handed over to a third party, to something that a business person could master at some basic to intermediate level.

Description	Risk level	Threats	Vulnerabilities
Expresso Risk 19	Low	Social Engineering or Intrusion	No technical data integrity authentication
Expresso Risk 124	Low	Workforce Exfiltration	No technical data integrity authentication
Expresso Risk 63	Low	Theft or Lost Device	No technical data integrity authentication
Expresso Risk 146	Low	Identity Theft	No technical data integrity authentication
Expresso Risk 50	Low	Theft or Lost Device	No Protection from Malicious Software
Expresso Risk 68	Low	Theft or Lost Device	No Adequate Workforce Training Documentation
Expresso Risk 80	Low	Fire	No Adequate Workforce Training Documentation
Expresso Risk 149	Low	Identity Theft	No Adequate Workforce Training Documentation
Expresso Risk 93	Low	Denial of Service	No Adequate Workforce Training Documentation
Expresso Risk 109	Low	Direct Access Attack	No Adequate Workforce Training Documentation

Showing 1 to 10 of 122 entries

STATUS OF CURRENT RISK ASSESSMENT

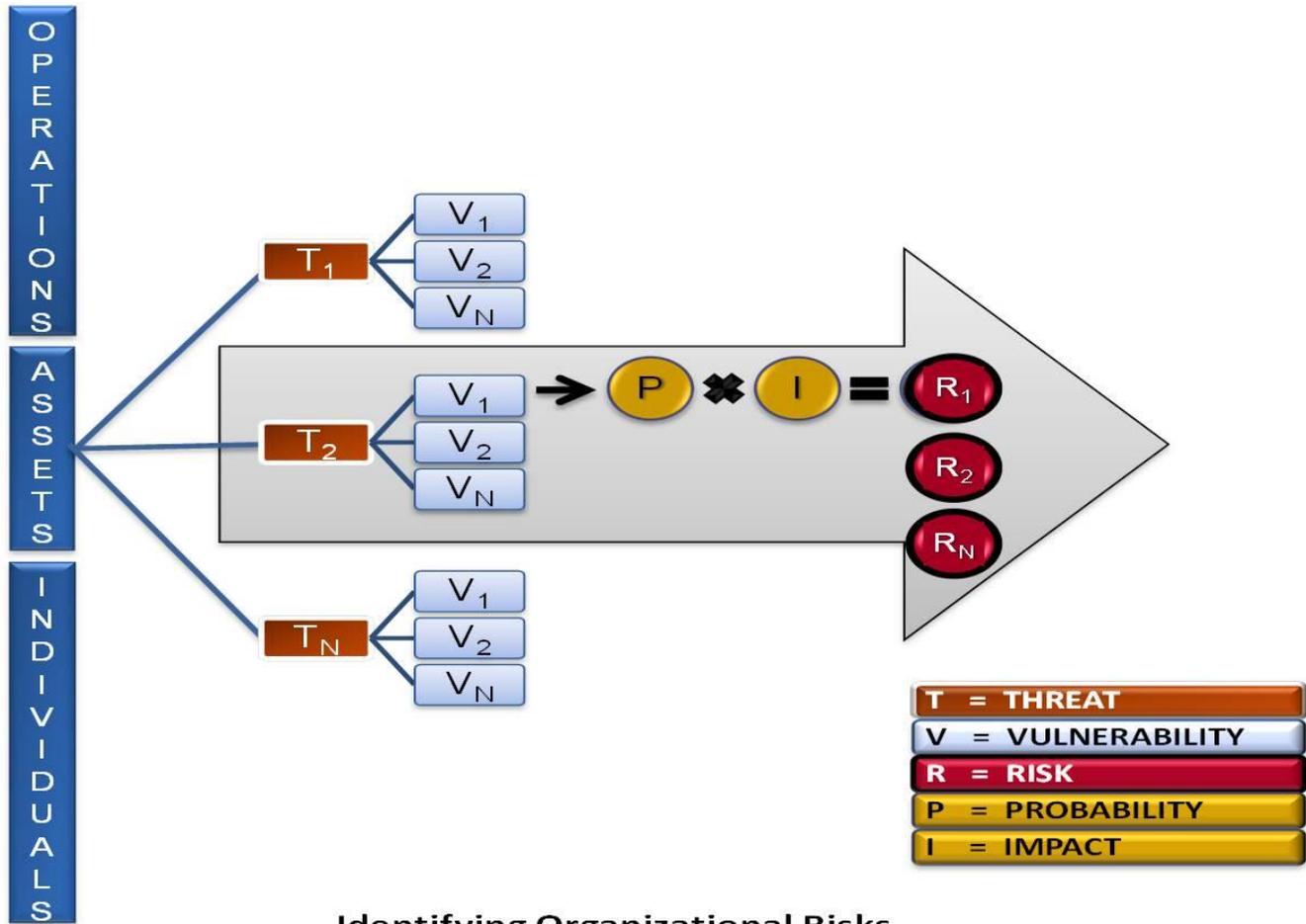
```
graph LR; SO[Security Objects Added: 29] --> T[Threats Identified: 24]; SO --> V[Vulnerabilities Identified: 46]; SO --> I[Impacts Added: 17]; T --> R[Risk Identified: 157]; V --> R; I --> R;
```

Espresso™ comes pre-populated with (I)hreats, (V)ulnerabilities, and potential business (I)mpacts to your organization—making the calculation of (R)isks easier than the tedious process that our competitors offer. In addition to pre-populating Threats, Vulnerabilities and Impacts, Espresso™ comes pre-populated with Controls that cover all Security Rule implementation specifications. Espresso™ also allows you to modify all pre-populated data in a manner that best fits your organization. The following list summarizes Espresso's principal features. Espresso™:

- allows you to bulk import Security Objects (people, places, assets, processes and other things that Security Controls are applied to);
- comes pre-populated with known threats and vulnerabilities to allow for easier pairing of the two;

- allows Security Objects to be categorized via a user defined taxonomy so that Controls can be applied at various levels of classification;
- allows you to retain instances of past Risk Assessments for reporting purposes;
- allows for tracking the results of the Controls applied in the remediation step; and
- is based on an authoritative methodology (e.g. NIST SP 800-30) to meet regulatory compliance objectives.

Expresso™ “productizes” the equation and the process that emerges from the NIST methodology as depicted in the graphic below. It is sold as part of the HIPAA Survival Guide’s [Subscription Plan](#) and separately as a [Monthly Subscription](#).



**Identifying Organizational Risks**

## Benefits

1. Pre-populated (T)hreats, (V)ulnerabilities, (I)mpacts, (R)isks, and (C)ontrols ("TVRCs"): that allows you to perform a Risk Assessment in hours, instead of weeks or months;
2. The ability to capture an unlimited number of Risk Assessments over time in order to show visible, demonstrable evidence of past compliance;
3. The ability to import Security Objects (e.g. people, processes, PCs, servers, networks, applications, databases, physical plant, etc.) from your existing systems thereby minimizing the amount of data entry required;
4. Tracking mechanism(s) for capturing Risk Assessment process results in the form of predefined reports: the measurement;

5. The ability to import (I)hreats and (V)ulnerabilities from authenticated sources: leveraging industry data where available;
6. The ability to directly link to the full source code of Security Rule Controls on the HIPAA Survival Guide website;
7. Scalability, reliability, and availability built-in out-of-the-box using Microsoft's cloud platform Azure; and
8. Much, much more, including a UI that was built for ease of use and clarity that increases your Risk Assessment productivity on day one.

## Approach & Methodology

Expresso™ adopts an agile compliance methodology that allows a customer to eat the Risk Assessment elephant one bite at a time. There is no regulatory requirement that dictates the comprehensiveness of a Risk Assessment each time one is required. In fact, NIST has the following to say pursuant to this topic:

There are no specific requirements with regard to: (i) the formality, rigor, or level of detail that characterizes any particular risk assessment; (ii) the methodologies, tools, and techniques used to conduct such risk assessments; or (iii) the format and content of assessment results and any associated reporting mechanisms. Organizations have maximum flexibility on how risk assessments are conducted and are encouraged to apply the guidance in this document so that the various needs of organizations can be addressed and the risk assessment activities can be integrated into broader organizational risk management processes.<sup>1</sup>

Therefore, the most important thing you can do with Expresso™ is to get started—which means as a practical matter, that you likely won't have all your Security Objects loaded nor every potential threat/vulnerability pair identified. The requirement is that you make a “good faith” effort to perform a Risk Assessment and that you continue to improve on the rigor and quality of your assessments going forward.

## Build a Risk Assessment Presence

It's critical that all stakeholders, from the C-Suite to the most recent addition to your Workforce, recognize the importance of performing regular assessments. The threat landscape is changing much too quickly for Risk Assessments to be merely an Information Technology issue. In fact, the consensus is that such a narrow view of Risk Assessments is likely to fail.

## Analyze Results

You can't manage what you don't measure—at least not in a competent and professional manner. A Risk Assessment is an analysis step where you identify Security Controls to be implemented to reduce Risks levels to those that are “reasonable and appropriate” for an organization of your size, complexity, etc. It stands to reason that once you have identified the required Controls you must implement them as part of your Risk Management

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<sup>1</sup> See NIST SP 800-30 Rev. 1 p. 9.

program and subsequently track their effectiveness. Espresso™ allows you to update the status of a Risk once the implemented Controls have yielded results.

## **Summary**

To summarize, Espresso™ dramatically reduces the pain associated with performing Risk Assessments and provides the internal and external reports necessary to show visible demonstrable evidence of both regulatory compliance and a commitment to protecting unauthorized access to your information.