CASE STUDY

Kaia Health Achieves HIPAA & GDPR Compliance with BitRaser

Kaia Health is a digital therapeutic platform offering personalized, evidence-based treatments for chronic conditions like musculoskeletal pain and COPD. Using AI, Kaia Health tailors exercise programs, breathing techniques, and educational content to individual needs. The app provides real-time feedback, progress tracking, and access to certified health coaches, aiming to reduce pain and improve mobility. It's a convenient, non-invasive solution for managing chronic health issues from home

Business Need

• **Cost-effective data erasure:** Kaia Health needed a more affordable solution to replace expensive third-party services for secure data disposal.

• **Regulatory compliance:** Ensuring compliance with GDPR, HIPAA, and ISO 27001 was critical to avoid legal penalties and protect sensitive data stored on mobile devices and drives.

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In-house data control: The company sought a user-friendly, internal solution to manage data erasure effectively without relying on external vendors.

Solution

Kaia Health selected BitRaser as their in-house data erasure solution, drawn by its simplicity, plug-and-play functionality, and affordability. The solution enabled the company to securely erase data while maintaining complete control over the process. The company liked both the Drive Eraser software and Mobile Eraser tool to wipe data beyond recovery and storing the reports centrally in the cloud server.

kaia health™

"The overall experience with BitRaser was highly positive. BitRaser was an ideal fit for our needs. It was easy to use, affordable, and gave us the ability to handle data erasure internally without any complex setups."

Lukasz Jaroszuk, Kaia Health

Client

⊘ Kaia Health

Business Need

⊘ Guaranteed Data Erasure

⊘ Affordable Data Erasure Solution

⊘ Compliance with GDPR, HIPAA, ISO 27001.

⊘ Perform In-House Data Erasure

BitRaser Benefits

BitRaser addressed Kaia Health's needs by offering a straightforward, efficient way to erase sensitive data. Key benefits included:

- **Simple and Intuitive Process:** The plug-and-play feature allowed for quick deployment and easy data erasure. Kaia Health's IT team was able to initiate data erasure, obtain certificate of data erasure for compliance, and complete the wiping process without extensive training or third-party involvement.

- **Automated Certificate Storage:** BitRaser provided automatically generated certificates for each erasure, ensuring a secure and traceable record for auditing and compliance purposes.

Results

- **Improved Efficiency:** BitRaser streamlined Kaia Health's data erasure process, saving time and resources.

- **Regulatory Compliance:** The solution ensured Kaia Health met all necessary compliance requirements, including GDPR, HIPAA, and ISO 27001. The automated certificates provided peace of mind and a verifiable record for regulatory audits.

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Challenges

Kaia Health faced high costs, third-party dependency, and delays in data erasure. They sought a cost-effective data erasure solution for achieving GDPR, HIPAA, and ISO 27001 compliance.

Solution

BitRaser Drive Eraser
BitRaser Mobile Eraser

Benefits

BitRaser provided Kaia Health with an easy-to-use, plug-and-play solution for secure data erasure, automating certificate generation for compliance, streamlining processes without third-party involvement, and ensuring audit-ready records.