

FOCUS ON FOUNDATIONS

The New HITRUST e1 Assessment



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What is the e1 Assessment?

The HITRUST Essentials, 1-year (e1) Assessment is a low effort yet reliable assessment that helps organizations focus on foundational cybersecurity controls and prepares them for the most critical cybersecurity threats.

The e1 Assessment can serve as a stepping stone to more comprehensive and higher-effort assessments such as the HITRUST i1 Assessment or r2 Assessment. With only 44 controls, it is significantly more attainable than other cybersecurity assessments.



The e1 Assessment is also more affordable than broader assessments—only a third of the cost of an i1 Assessment.

Similar to other HITRUST assessments, the e1 Assessment is threat-adaptive, which means that as the threat landscape evolves, the requirements will also be updated to address future risks as they emerge. This includes mitigations for the most critical cybersecurity threats such as ransomware, phishing, brute force, and abuse of valid accounts.

Think of the e1 Assessment as the **minimum** level of cybersecurity assurance your organization can achieve. While it reliably demonstrates an organization's commitment to the basics, it doesn't provide coverage of compliance related to laws like HIPAA or other leading cybersecurity practices.

The e1 Assessment is valid for one year from its issuance date. After that year, BARR experts recommend building on the established cybersecurity foundation with a higher level assessment.

Who Needs an e1 Assessment?

The e1 Assessment is an excellent first step for any organization looking for validation of essential cybersecurity controls that plan to progress to more robust assessments in the future. BARR experts recommend the e1 Assessment to startups or other organizations that are just getting started in their cybersecurity journey.

The e1 may be right for:

- ✓ Startups
- ✓ Organizations beginning their security journey
- ✓ Organizations with very low cybersecurity risk

The e1 Assessment may also provide the appropriate level of assurance for organizations with very low levels of cybersecurity risk that want a low-effort and reliable review of their foundational cybersecurity controls.



Deciding Which HITRUST Certification is Right for Your Organization

Depending on where you are in your security journey, your organization may benefit from the e1 Assessment or a more robust HITRUST assessment. To determine which assessment is right for your organization, BARR recommends first analyzing the driving factor behind getting HITRUST certified. Whether it's to meet client expectations or an internal goal, having a trusted partner like BARR can help you determine which HITRUST assessment is best for your organization.

When it comes to HITRUST assessments, the level of effort each assessment takes directly correlates to the level of assurance it provides. For example, while the e1 Assessment is low effort, it provides only basic assurance. The r2 Assessment requires significantly more effort, but a higher level of risk assurance. Take a look below at some key differences between the e1, i1, and r2 Assessments.

e1 Assessment

- Takes 3 months to obtain
- Less expensive
- Only 44 controls
- Provides low assurance
- Stepping stone to other assessments

i1 Assessment

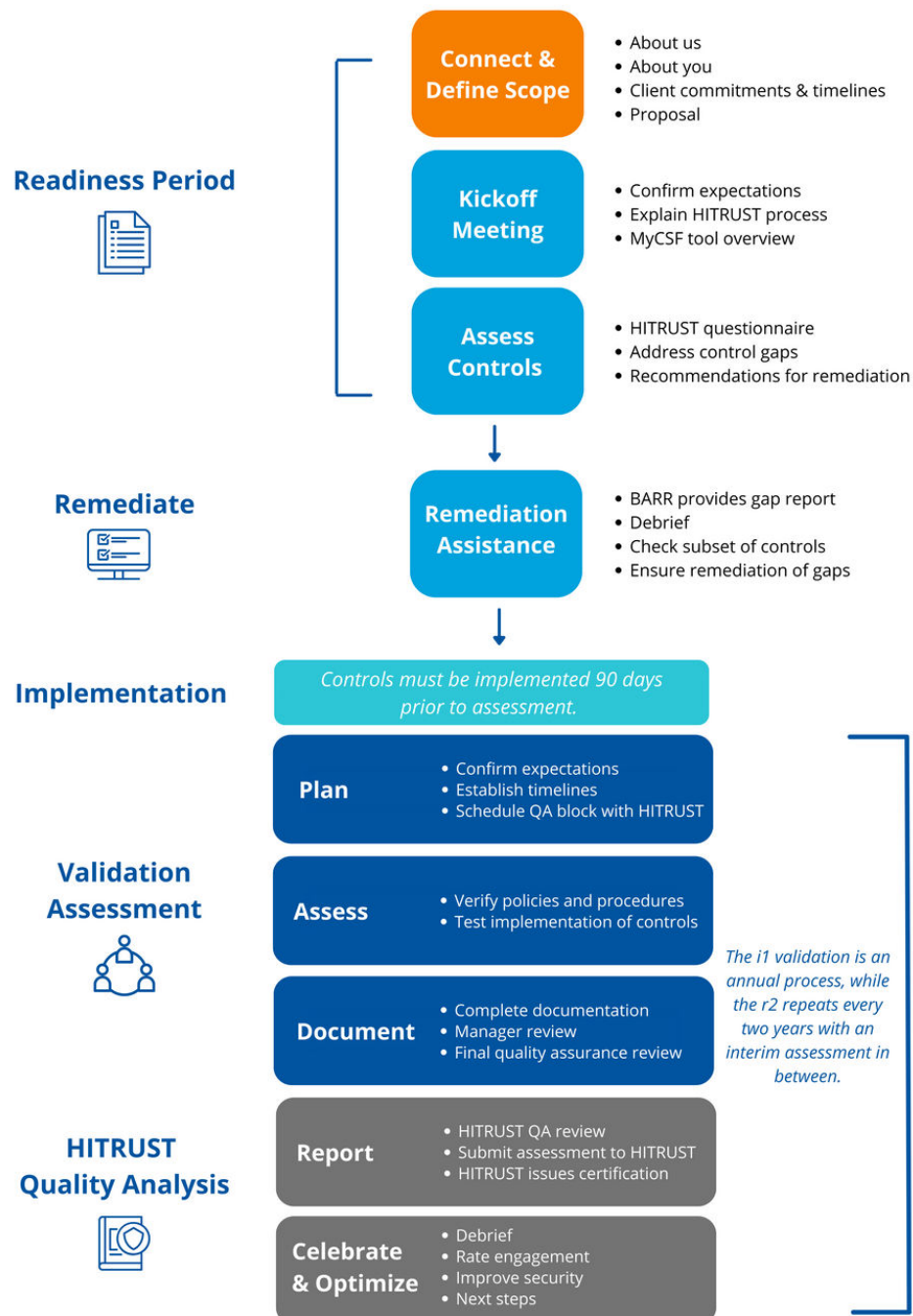
- Takes 6-12 months to obtain
- 182 controls
- Provides moderate assurance
- Smaller undertaking than the r2 Assessment

r2 Assessment

- Takes 18-24 months to obtain
- Over 200 controls
- Provides highest level of assurance

Why Choose BARR for HITRUST e1 Assessments

As trusted external assessors, BARR experts will follow our proven HITRUST process during e1 Assessment. We'll work through each control to ensure that your environment meets all foundational cybersecurity requirements. Take a look at the proven process we use to guide organizations through successful HITRUST assessments:



A Step Above—BARR's Simple Assessment Guarantee

When it comes to HITRUST e1 Assessments, BARR has the experience and knowledge to get the job done. Companies that handle the most sensitive data trust BARR to successfully guide them through the HITRUST e1 Assessment.

What sets BARR apart?

Satisfaction Guaranteed

Unlike other audit firms, BARR's proven process is **guaranteed** to simplify the HITRUST process. In fact, if you're not satisfied with the quality of our work, don't pay us. Yes, you read that right. We have 100% confidence in our people, processes, and expertise that your satisfaction during your HITRUST attestation is a guarantee.

People-First Approach

With BARR as your partner, we'll educate and empower you and your healthcare partners, so you can focus on protecting people and their data.

Connections

We'll bring our industry connections to you. As a HITRUST Authorized External Assessor, we have uninhibited access to the creators of the framework themselves. Connecting with BARR to obtain a HITRUST certification means you can establish trust with your connections, too.

Perspective

If you're in healthcare, you understand and value the benefits of being proactive when it comes to having good health. It's the exact same with cybersecurity. We'll bring our security expertise to you to keep your organization's security and compliance posture healthy and protected.

About BARR Advisory

BARR Advisory is a cloud-based security and compliance solutions provider specializing in cybersecurity and compliance for companies with high-value information in cloud environments like AWS, Microsoft Azure, and Google Cloud Platform. A trusted advisor to some of the fastest growing cloud-based organizations around the globe, BARR simplifies compliance across multiple regulatory and customer requirements in highly regulated industries including technology, financial services, healthcare, and government.

Our Services



SOC Examinations

[SOC 1, SOC 2, SOC 3, SOC for Cybersecurity]



PCI DSS Assessment Services



Healthcare Services

[HIPAA/HITRUST]



Penetration Testing and Vulnerability Assessments



ISO 27001 Assessments



Cybersecurity Consulting and vCISO Services



FedRAMP Security Assessments



Compliance Program Assistance

Connect with BARR

Want to learn more about the HITRUST e1 Assessment and how it can benefit your organization?

Contact us today, or join us for an Open House every Wednesday from 11 a.m. to noon CST for an Q&A and discussion of the process and benefits of obtaining HITRUST certification.

