

How to prepare for growing cyber threats in healthcare

Frederik Rasschaert – Gert Tilburgs

Our vision, strategy and focus

Independent. Belgian. Privately owned

Value driven. Quality and Expertise

Niche player in networking and cyber security

Your strategic partner

Academy for raising talent

Big enough to deliver, small enough to care.







Open Environment.

Changing Personnel & shifts.
Doctors/ freelancers with own devices & will.

Tight Budget.

Limited resources

Highly targeted.

Sensitive & Private Data.

Strict Regulations & Compliance.

(Outdated) IoT Devices.

Critical Infrastructure.

challenges in healthcare

Together we can



Enable technology to maximize value Open Environment. Changing Personnel & shifts. Doctors/ freelancers with own devices & Strategic architectures Tight Budget. Limited resources Highly targeted. Tailored MDR and SOC services Sensitive & Private Data. Expert department on GRC Strict Regulations & Compliance. (Outdated) IoT Devices. Expert department on (I) OT Critical Infrastructure.



Insights in attack trends

Sources

- Health ISAC 2025 Annual Threat Report
- Enisa threat landscape 2024
- Unit 42 Incident Response Report 2024
- Threat exposure Brucon 2024: inside the biggest hacks and facts of the past year
- CyberArk Identity Security Threat Landscape Report 2024
- Rapid7 2024 attack intelligence report
- Unit42 Attack Surface Threat Report
- Unit42 Cloud Threat Report volume7
- Bitsight Technologies Executive Report | report-2023-10-20
- Talos IR trends Q3 2024
- Verizon data breach report 2024





Attack Surface

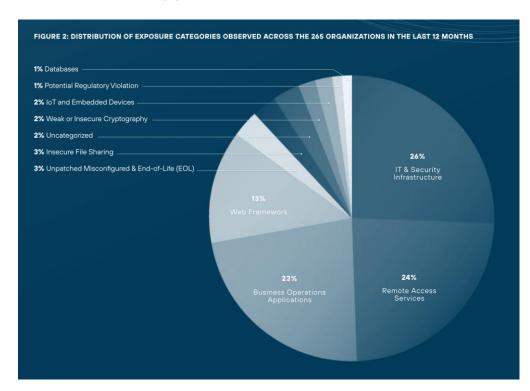


Attack surface | Insights



73% of high-risk exposures originate in 3 main categories.

- IT & Security Infra
- Remote Access Services
- Business applications



Key findings

26% of exposures involve critical IT and security infra!

Opportunities for lateral movement and data exfiltration are abundant.

Just three categories of exposures-IT and Networking Infrastructure, Business Operations Applications, and Remote Access Services-account for 73% of high-risk exposures across the organizations we studied and can be exploited for lateral movement and data exfiltration.

Critical IT and security services are dangerously exposed to the internet.

Over 26% of exposures involve critical IT and security infrastructure, opening doors to opportunistic attacks. These include vulnerabilities in application-layer protocols like SNMP, NetBIOS, PPTP, and internet-accessible administrative login pages of routers, firewalls, VPNs, and other core networking and security appliances.

Attack surface | Iomt | ISAC

Unsupported windows xp and windows 7 continue to be used in healthcare.

As is windows 10 which goes end of support in 2025.

Wannacry is the ninth most common vulnerability found on medical devices!

The global state of internet of healthcare things identified 5100 publicly exposed DICOM servers!

- ---- Remote access services.
- → IT infrastructure.
- Security holes in Business applications.

Spotit offensive security trends

Red Team assessments.
Without any information, credentials or devices.

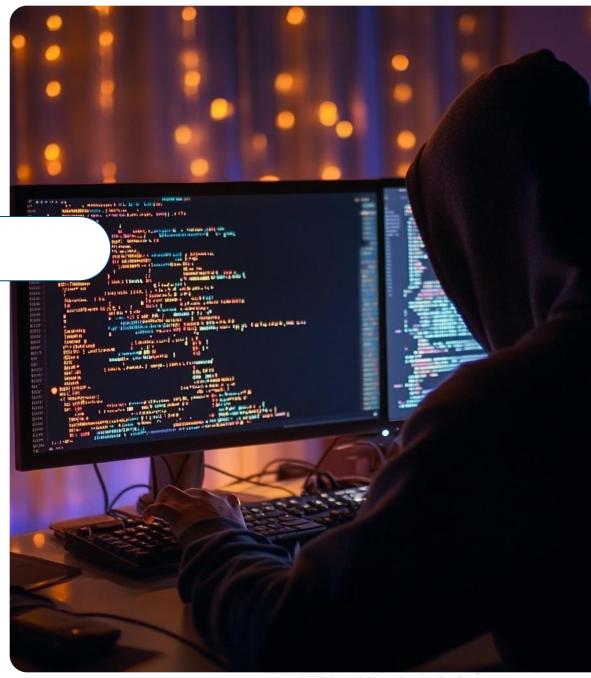
56%

- → Lots of impact, compromised servers, devices, accounts.
- → Domain admin privileges

44%

- → Lots of impact, compromised servers, devices, accounts.
- Access to sensitive data.
- → No domain admin privileges due to attack stop (point taken/ budget).

= 100% success ratio!





How attackers get in?



Ways to get in | Learned from Incident Response

Credentials (MFA)!!!

Phishing/ Social Engineering.

Vulnerabilities.

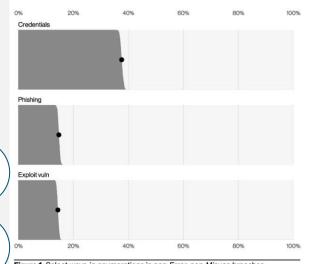
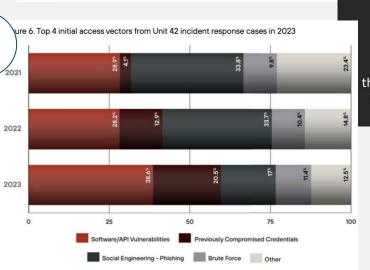


Figure 1. Select ways-in enumerations in non-Error, non-Misuse breaches



Our ways-in analysis witnessed a substantial growth of attacks involving the exploitation of vulnerabilities as the critical path to initiate a breach when compared to previous years. It almost tripled (180% increase) from last year, which will come as no surprise to anyone who has been following the effect of MOVEit and similar zero-day vulnerabilities. These attacks were primarily leveraged by Ransomware and other Extortion-related threat actors. As one might imagine, the main vector for those initial entry points was Web applications.

Initial access

For the fourth consecutive time in over a year, the most observed means of gaining initial access was the use of valid accounts, accounting for 66 percent of engagements when initial access could be determined. This is a slight increase compared to the previous quarter (60 percent). Additionally, 20 percent of engagements featured adversaries exploiting or leveraging vulnerable and public-facing applications for initial access.



Talos



Social Engineering | Health ISAC

Most reported in health care:

Help desk teams are targeted using social engineering attacks

Impersonate leadership or others in an effort to increase authenticity.

TOAD

(Telephone-Oriented Attack Delivery)

 Phishing mails including phone numbers to elicit voice communications.

Spam-bomb social engineering

- Add victim's email to legitimate spam sites to bomb the victim with spam.
- Then call to offer tech support and request remote assistance.



Notable Vulnerabilities in healthcare attacks | ISAC

Vulnerabilities and Exposures

Health-ISAC shares threat bulletins as it receives information about pressing vulnerabilities. In 2024, Health-ISAC's Threat Operations Center shared 861 Targeted Alerts to member and non-member organizations in the health sector. Targeted Alerts warn organizations of high risks specific to their network-including things like vulnerable servers, cybercriminals selling access to their networks, stolen intellectual property, and compromised credentials. The top five vulnerabilities by targeted alert volume are as follows:

Vulnerabilities and Exposures	Targeted Alerts Distributed
Remote Desktop Protocol (RDP) Exposure	105
Ivanti Connect Secure Authentication Bypass Vulnerability (CVE-2023-46805, CVE-2024-21887)	57
Fortinet FortiOS Vulnerability (CVE-2024-21762)	56
MOVEit Transfer Authentication Bypass (CVE-2024-5806)	46
Check Point (CVE-2024-24919)	27



Spotit offensive security trends

Infrastructure pentest – 100% hit ratio

External

- --- 63% | High risk issues exposed & Risk on compromised network/ account.
- 37% | Enriched with social engineering to expose high risks (when it was in scope)/ found lower risk issues.

Internal

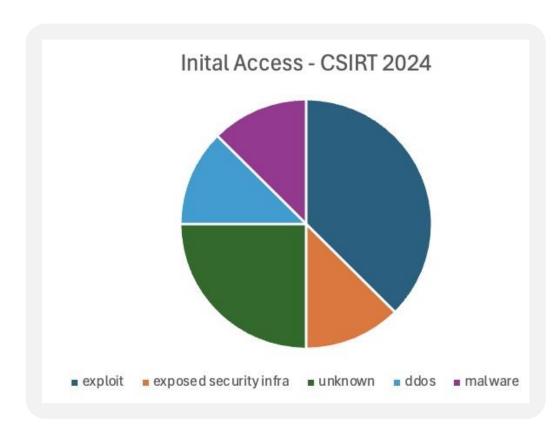
- 90% success rate on obtaining domain admin privileges.
- → 10% aim for domain admin privileges out of scope.

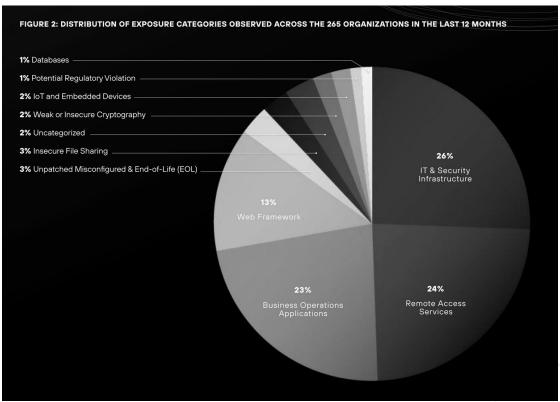
Social Engineering | Always a hit.

- → Often combined with infra pentest/ red teaming.
- → Spear phishing (we target 1 person); takes 2-3 mails to obtain account access.
- → Vishing | Using 1 phone call (average duration of 5-10min to have access to the account).
- → Physical access; always backdoor device injected (AP, 4G, USB, ...).

spotit

Spotit CSIRT | Numbers





Initial Recovery: 1-2 weeks before go live of most critical applications.



Types and volumes of attacks

spotit

Types and volumes of attacks | Incident Reponse Reports

DDoS.

Ransomware.

Exploits (Third-Party).

Human Element.



Figure 3. Select key enumerations in breaches

We have revised our calculation of the involvement of the human element to exclude malicious Privilege Misuse in an effort to provide a clearer metric of what security awareness can affect. For this year's dataset, the human element was a component of 68% of breaches, roughly the same as the previous period described in the 2023 DBIR.

In this issue, we are introducing an expanded concept of a breach involving a third party that includes partner infrastructure being affected and direct or indirect software supply chain issues-including when an organization is affected by vulnerabilities in thirdparty software. In short, those are breaches an organization could potentially mitigate or prevent by trying to select vendors with better security track records. We see this figure at 15% this year, a 68% increase from the previous year, mostly fueled by the use of zero-day exploits for Ransomware and Extortion attacks.

Our dataset saw a growth of breaches involving Errors, now at 28%, as we broadened our contributor base to include several new mandatory breach notification entities. This validates our suspicion that errors are more prevalent than media or traditional incident response-driven bias would lead us to believe.

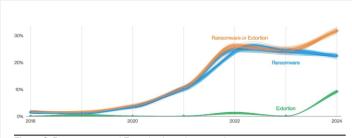


Figure 2. Ransomware and Extortion breaches over time

Roughly one-third of all breaches involved Ransomware or some other Extortion technique. Pure Extortion attacks have risen over the past year and are now a component of 9% of all breaches. The shift of traditional ransomware actors toward these newer techniques resulted in a bit of a decline in Ransomware to 23%. However, when combined, given that they share threat actors, they represent a strong growth to 32% of breaches. Ransomware was a top threat across 92% of industries.

Top 5 Healthcare Attack Types

Health sector security professionals reported Top Five Cyber Threats facing their organizations in **2024** as follows

Ransomware.

Phishing.

Compromised Credentials.

Third-Party Credentials.

Data Breaches.



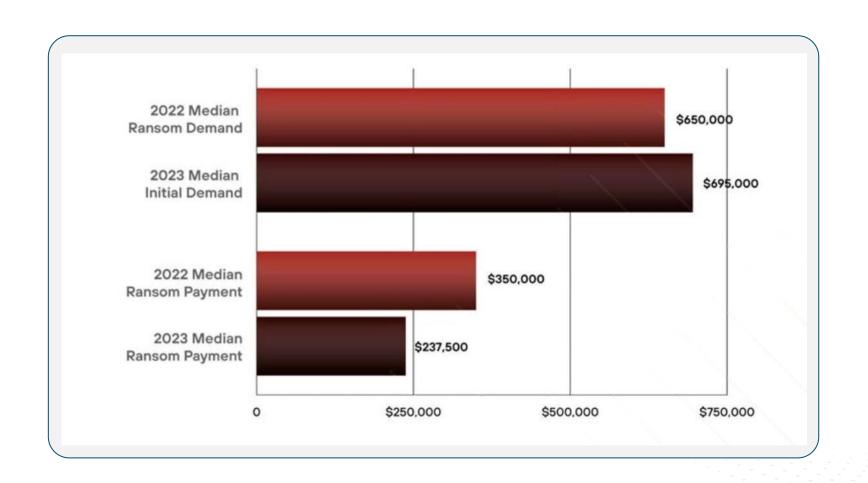
3.9× 7.8% 20.6° 67.6×

Do attackers keep their promises once they have been paid?

While in general it is best not to make payments in response to extortion, in cases where payment was made, we observed that attackers kept their promises more often than not.

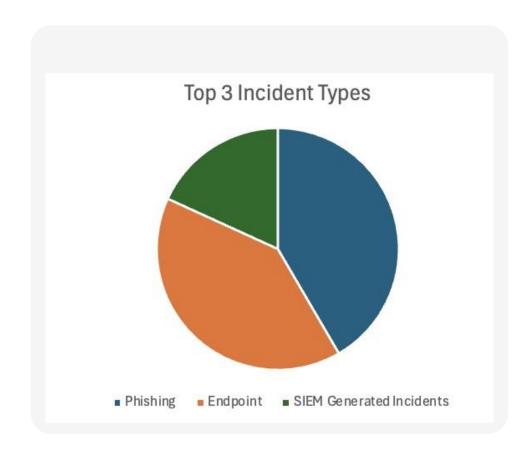


Decrease in median ransom payment from 2022 to 2023





Spotit SOC numbers | Attack Types



Endpoint (malware, ransomware).

Phishing.

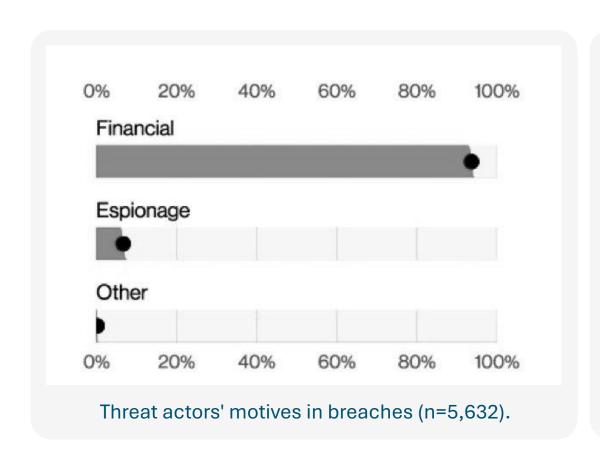
Compromised Credentials.

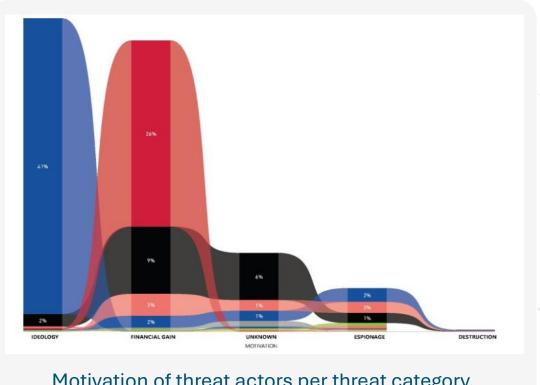


Victims



Victims and impact | Motives

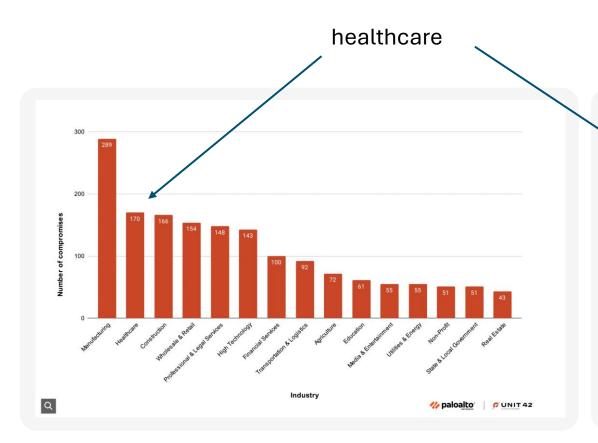


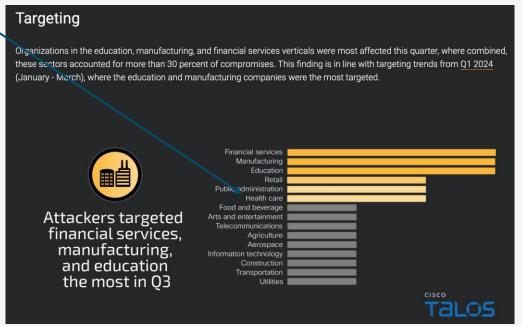


Motivation of threat actors per threat category.



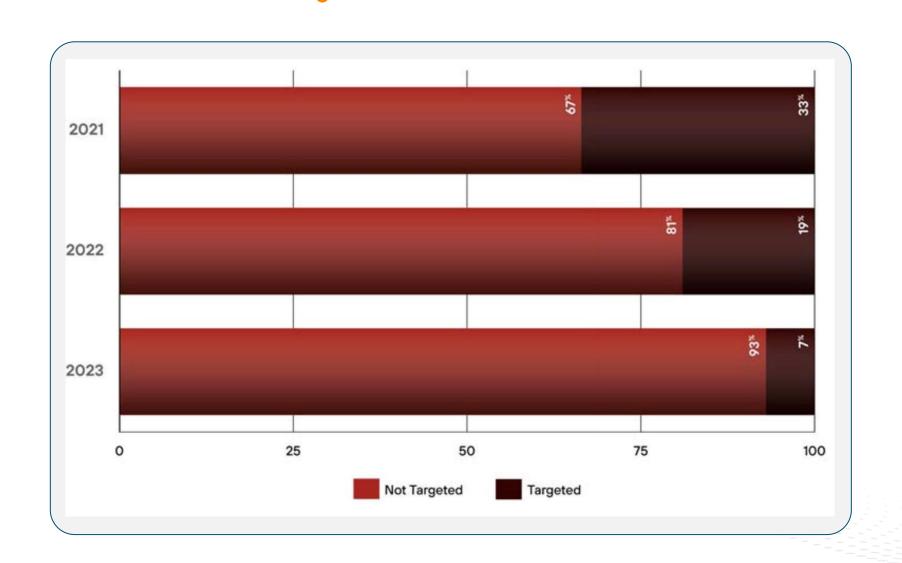
Victims and impact | Targeting







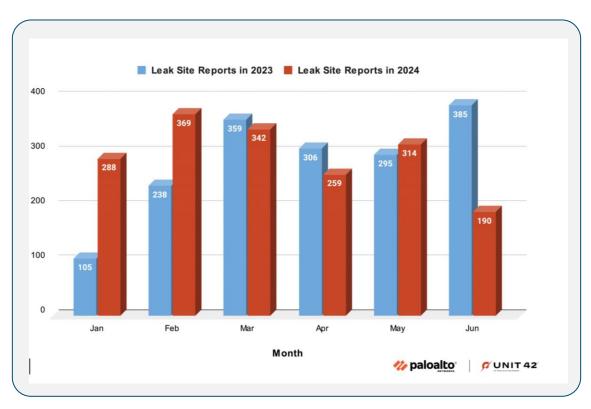
Non-targeted data theft dominated in 2023





Victims and impact | Arrest

We observed a notable decrease in ransomware leak site reports in June of 2024. Significant decreases in activity on the LockBit and 8Base leak sites largely accounted for this drop.



Most Active Ransomware Gangs Attacking Health Sector

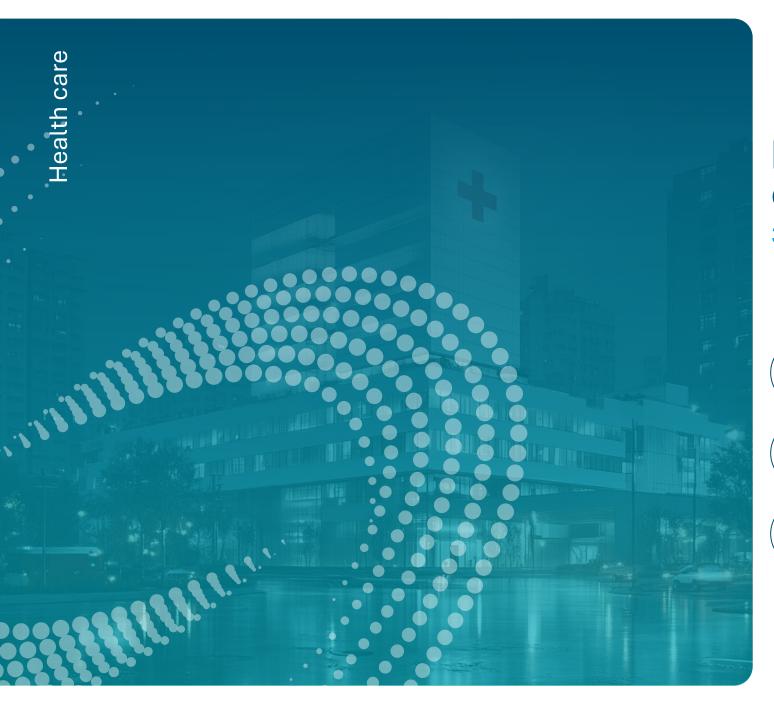
The threat actor profiles listed below correspond to the five most active ransomware gangs Health-ISAC observed with the highest number of health sector victims for the calendar year 2024. The analysis here is the result of research conducted by Health-ISAC's Threat Operations Center curated from a proprietary ransomware dataset. In 2024 Health-ISAC tracked 458 ransomware events in the health sector. More threat actor profiles are available in the Health-ISAC Threat Intelligence Portal (HTIP) knowledge base and help provide context to intelligence distributed on the platform. Threat actor profiles are actively updated and maintained by Threat Operations Center intelligence analysts, ensuring members get the most relevant information possible.

458
Tracked
ransomware
events in the
health sector

Most Active Ransomware Gangs	Number of Health Sector Entities Attacked
LockBit 3.0	52
INC Ransomware	39
RansomHub	36
BianLian	31
QiLin	23



Wrap up



Healthcare sector is a prime target for cyberattacks

3 reasons why

Valuable data.

Critical systems.

Underinvestment in security

*Healthcare organizations are a gold mine for cybercriminals engaged in identity theft, insurance fraud, or the sale of data on the dark web.

How they get in? wrap up

Most frequent attack vectors

- Social Engineering.
- Vulnerability exploits.
- Credentials / Lacking MFA.

In relation to attack surface

Vulnerabilities exploited on

- Exposed IT infrastructure.
- Remote access service.

Credentials / MFA lacking on

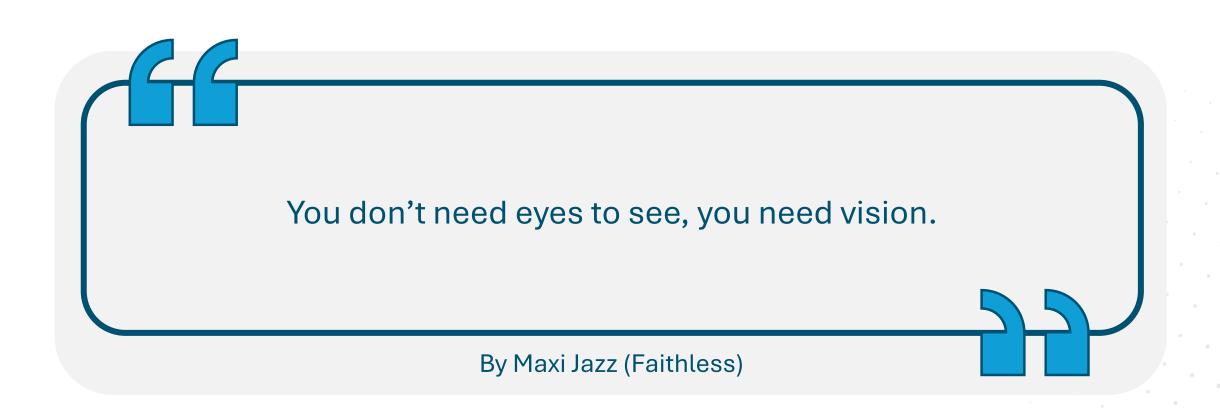
- Exposed IT infrastructure.
- Remote access services.
- Business applications.

Nearly 75% of exposed attack surface consist of:

- → Lack of firewalls. Inadequate network controls.
- Poor authentication.









Cisco Security for Healthcare

Addressing Key Threats in Healthcare



Cybercriminals
Exploit Healthcare
Vulnerabilities:
Key Threats &
Defense Strategies

Phishing.

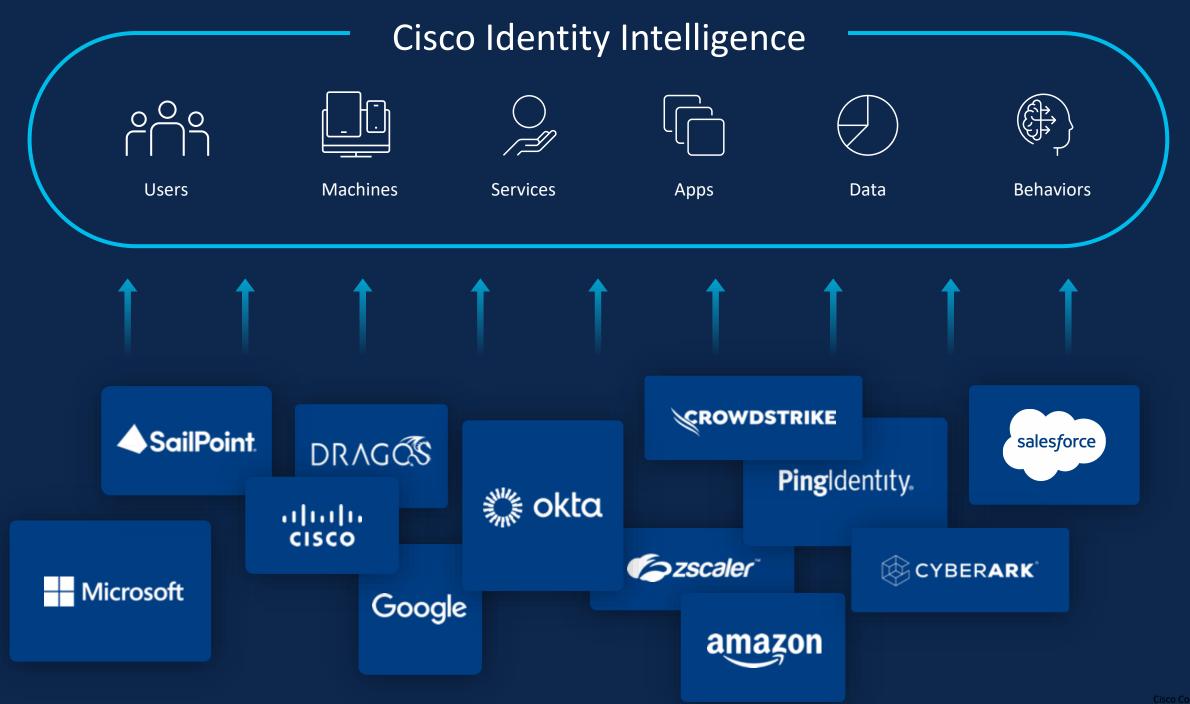
Insider threats.

Medical device vulnerabilities.

Ransomware.

Use Case 1: Insider Threats





Cisco Identity Intelligence

User 360 View

The user details is known as the "user 360 view"

A true look at the user's identity related security, activity, posture and other important properties.

Activity Flow

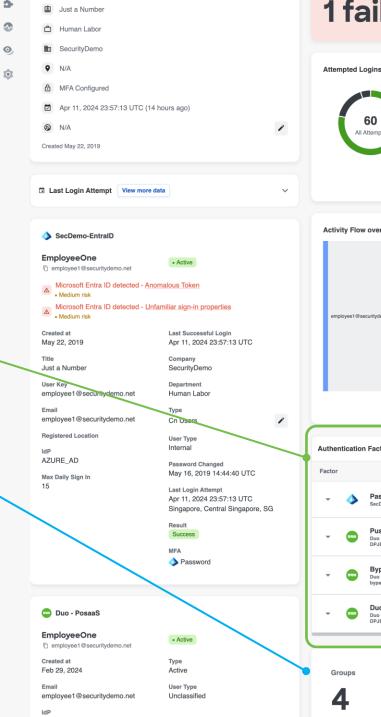
Combined view of the user's activity patterns. Easily spot when deviations have occurred

Combined Auth Log

Combined view of the users authentications and factors across all the integrated IdPs

Key Benefits

- Eliminate dormant accounts
- Highlight MFA gaps
- Reduce excessive admin privileges
- License Validation



1 failing

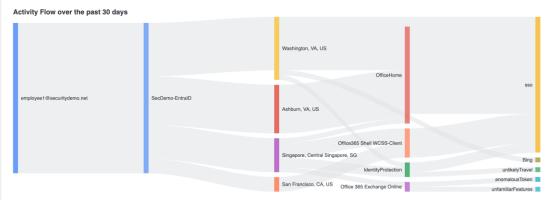
View all

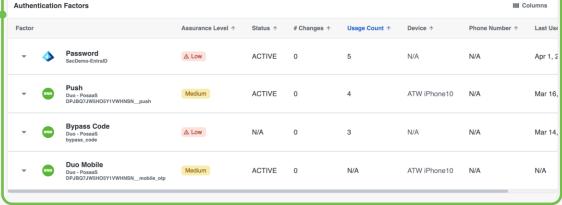




Unused Applications

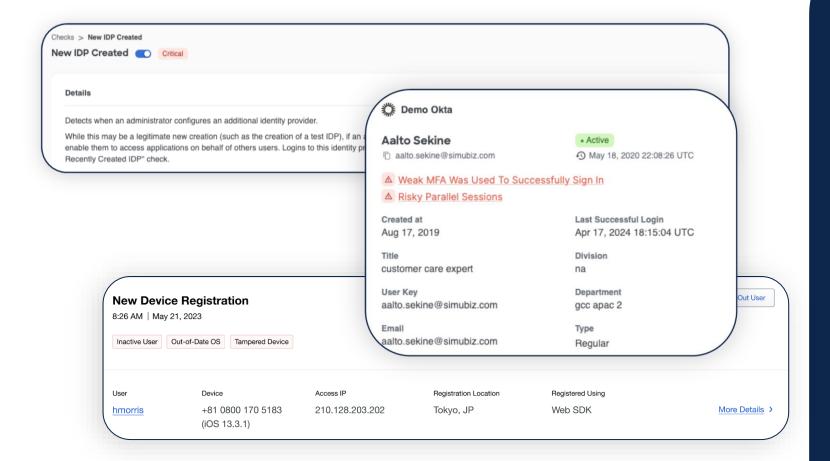
6





Applications allowed

Detect: Correlate identity data, detect attack patterns





Threat Insights

Cross-platform identity context feeds dedicated threat detection engine that is optimized and managed by experts



Smart Detection

Leverage AI and ML to highlight anomalous and suspicious identity behavior



Coverage Mapping

Easily map threats to security frameworks like Mitre ATT&CK and CIS

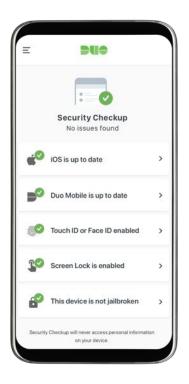


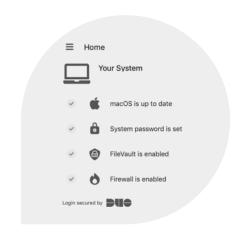
Secure Any Corporate Application using DUO



Protect your device

Establish device trust before granting access





Check Device Health



Assess Security Posture

Deny access to compromised or out of compliance devices



Guide Self-Remediation

Eliminate vulnerabilities and lower IT costs by empowering users to remediate their device



Verify Endpoint Trust

Block access from unmanaged and unknown devices



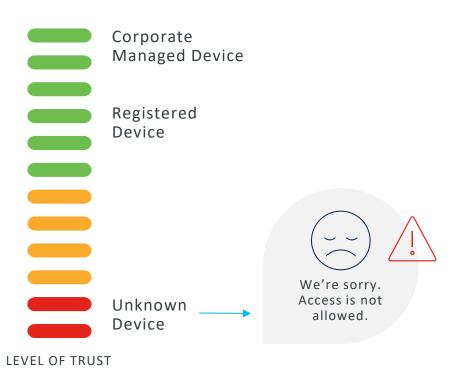
Provide Complete Visibility

Gain complete visibility into all laptops and mobile devices accessing your resources



Allow only Registered devices

Block attackers by only allowing registered and managed devices to gain access to corporate resources





Block Attackers

Only allow registered or managed devices to gain access to corporate apps and resources



Control Device Access

Give organizations control over which devices can access corporate apps and resources



Cover BYOD

Safely allow BYOD and 3rd party devices without requiring Mobile Device Management software



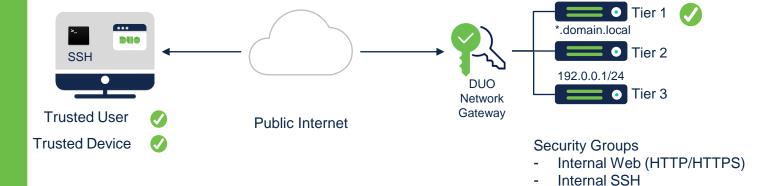
Mitigate Risk

When limited authenticator options are available

VPN-less access using Duo Network Gateway

- ✓ Consistent user experience accessing apps regardless of network location
- ✓ Applies zero trust security principles, verifying every user (with MFA) and device before allowing access
- ✓ Does not allow full network access, only application or resource specific access (web apps, SSH, RDP, TCP, etc.).
- ✓ Supports managed and unmanaged devices (BYOD) with Granular Policies
- Enables agentless security posture checking of devices

Utilizes user and device context for proxying access to any application without full VPN



10.0.0.1-4

Internal RCP

Cisco Secure Access

Go beyond core Secure Service Edge (SSE) to better connect and protect your business

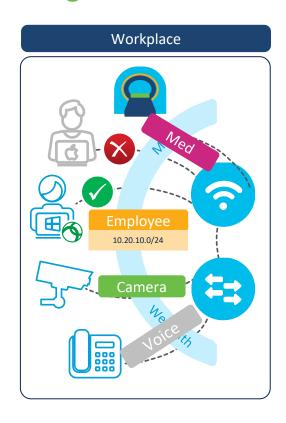


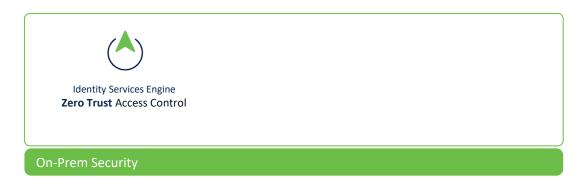
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Use Case 2: Vulnerabilities?

Threat-centric Network Access Control

Segmentation & Inspection on the Network





Internet Applications





Private Cloud



Private Applications

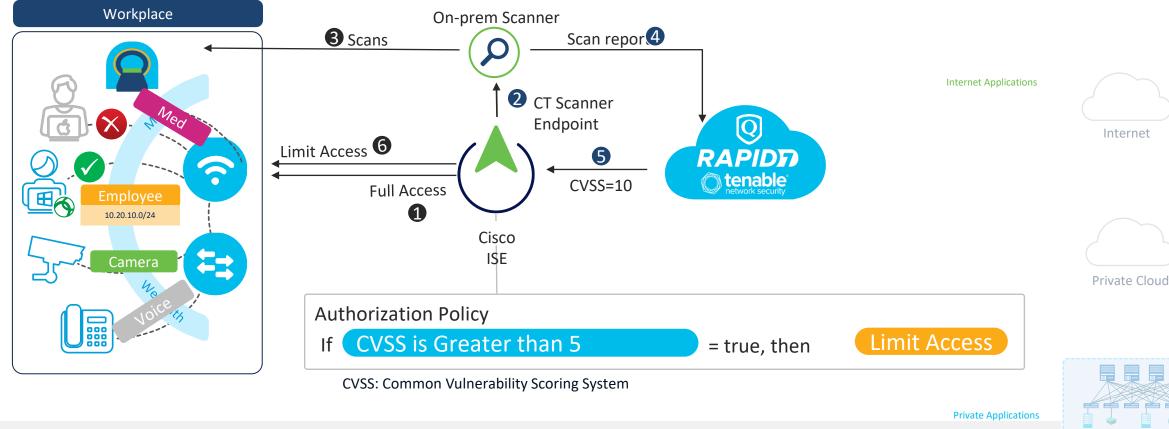
Authentication

802.1x & MAB Limiting the network to Trusted devices only.

Threat-centric Network Access Control

Segmentation based on CVSS Score

Shield Risk Scoring!



Identity Services Engine
Policy Server for Network Access Control

Context

Define network permission based on external context.

Authentication

802.1x & MAB Limiting the network to Trusted devices only.

Datacenters

Inspecting for malicious intent

Intrusion Prevention System on Cisco FTD





Internet Applications





Private Cloud



Private Applications

Datacenters

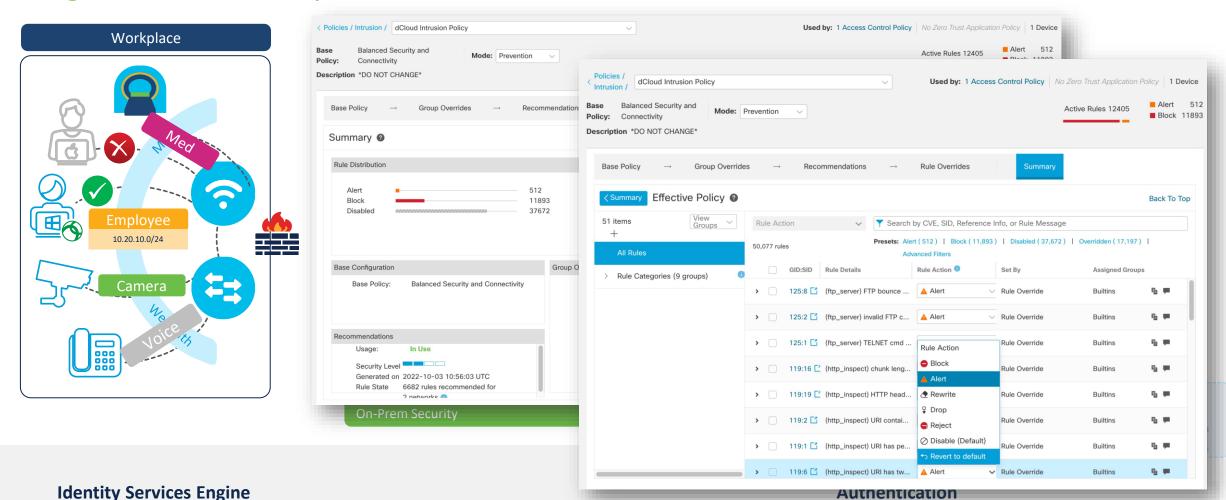
Authentication

802.1x & MAB Limiting the network to Trusted devices only.

Campus: Establishing & Enforcing Trust

Segmentation & Inspection on the Network

Policy Server for Network Access Control

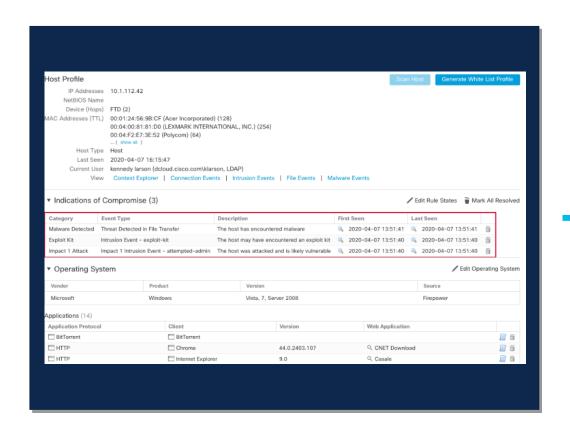


802.1x & MAB

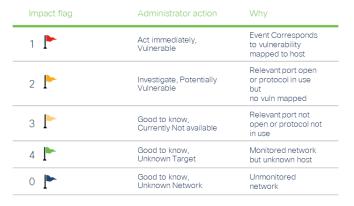
Limiting the network to Trusted devices only.

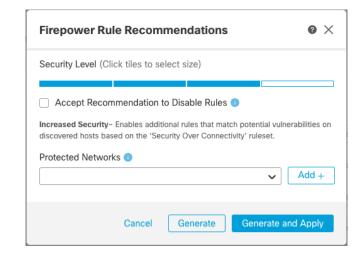
Correlate Host Profile and IPS

Drive impact analysis and rule recommendations



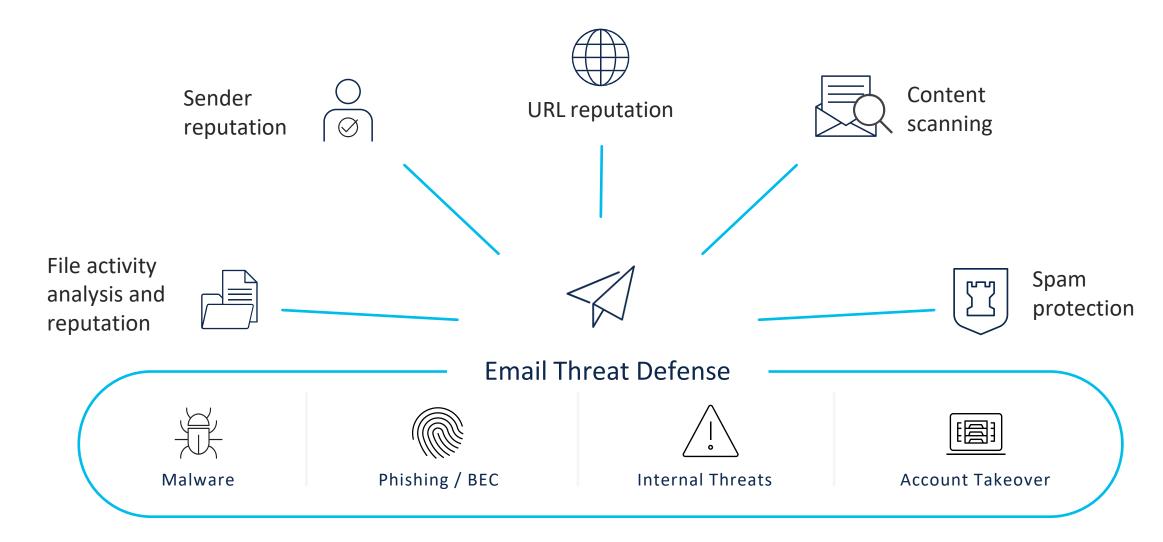




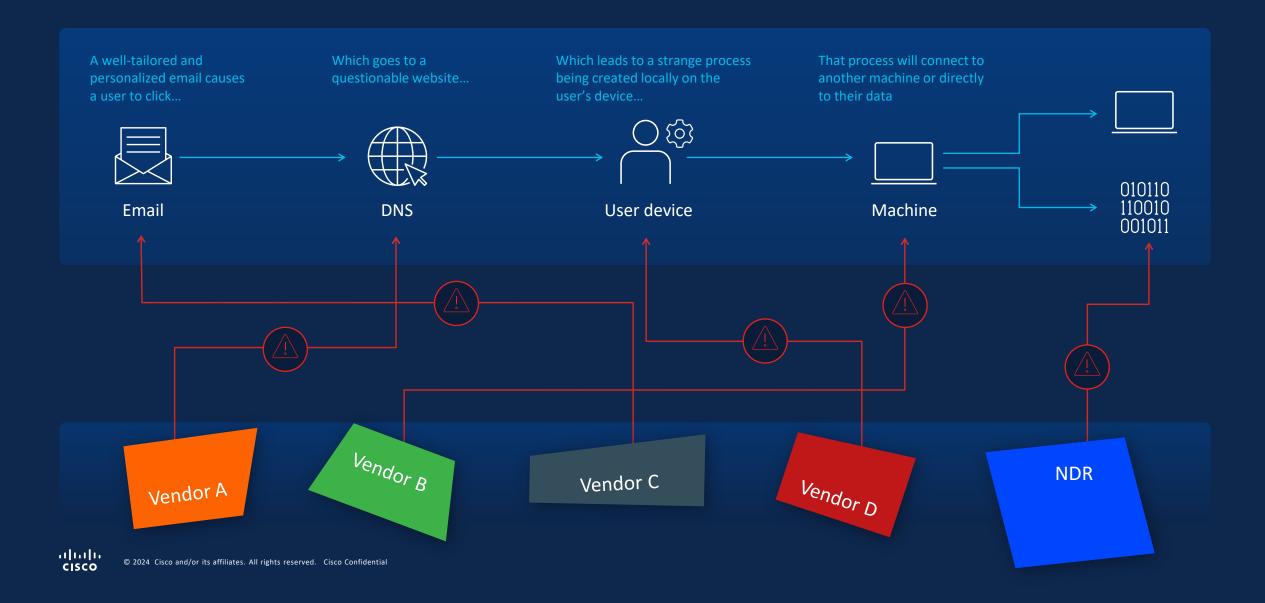


Use Case 3: Ransomware / Threat detection and Response

Comprehensive Email Protection



Ransomware campaigns are multi-vector



Siloed Detection & Response

Without XDR: xx minutes IOC/alert Investigate incidents in multiple consoles Product Product Product Product dashboard 1 dashboard 2 dashboard 3 dashboard 4 Remediate by coordinating multiple teams **Product** Product Product Product dashboard 1 dashboard 2 dashboard 3 dashboard 4

Cisco XDR



Your Infrastructure

3rd party tools Intelligence

010110
110010
001011
Others SIEM/SOAR

Detect sooner

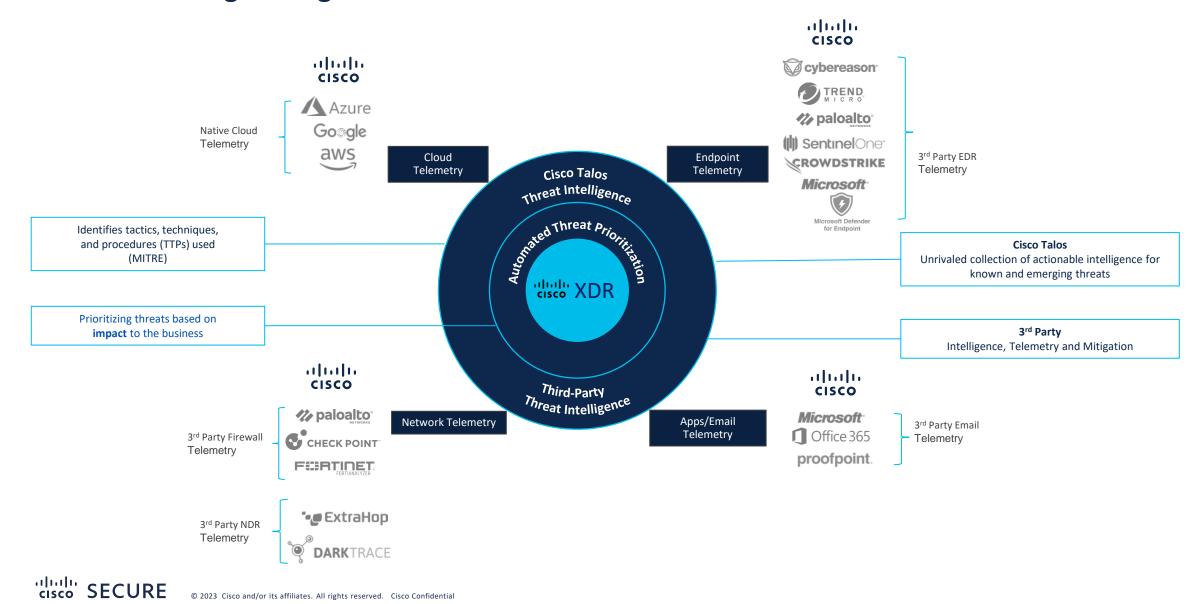
Prioritize by impact

:023 Cisco and/or its aff

Speed up investigations

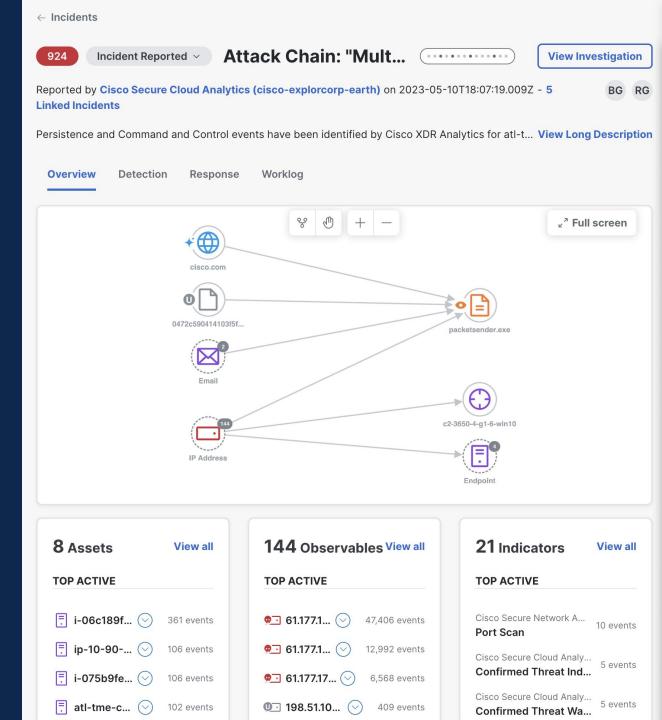
Accelerate response

Cisco XDR: Strategic integrations to deliver customer outcomes



Correlation with attack chaining

- Alerts from XDR and integrated products are correlated prior to becoming XDR incidents.
- Alerts with common indicators are combined into attack chains.
- New alerts are also appended to incidents as they occur over time.
- Analysts can also link incidents together for manual correlation.



XDR Response playbooks

- Bring the ability to take immediate response actions into the incident manager.
- Powered by out of the box XDR Automation workflows.
- Broken down into four stages:









Identify Affected Hosts

Add Note

Add note with summary of findings on the investigations of hosts found with ...

Contain Incident: Overview

Add Note

Overview of how to contain Indicators of Compromise to stop the spread of ...

Contain Incident: Assets

Select

Use asset-based containment to stop the spread of malicious activity.

This automation worklow will network isolate/quarantine all selected assets on your integrated Endpoint Detection & Response solutions. After clicking Execute, you will be able to choose all or a subset of assets associated with this incident. Please make sure you have done proper identification before executing the workflow.

Contain Incident: IPs

Add Note

Contain IP indicators of compromise to stop the spread of malicious activity

Contain Incident: Domains

Select

Contain domain indicators of compromise to stop the spread of malicious act...

This automation worklow blocks the selected domain names on your integrated network policy enforcement solutions. After clicking Execute, you will be able to choose all or a subset of domains associated with this incident. Make sure you have done proper identification before executing the workflow.

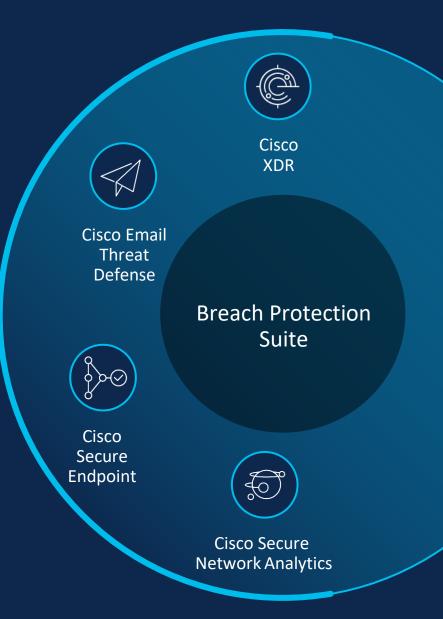
Back

Go to Eradication \Rightarrow

Identity Services Engine (ISE) Secure Access **User Protection** Suite **Email Threat** Defense Secure Endpoint

Too many products?

Cisco Security Suites to simplify security consumption & optimize product integrations.



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Thank you!

