



## Cybersecurity 101: Five simple security guides for protecting your privacy

TechCrunch has put together five how-to guides covering cybersecurity basics that anyone can learn — and everyone should learn.

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## Could 5G close the digital divide between urban and rural communities?

5G access could help rural economies grow and add more high-tech jobs, but the cost and return on investment of installing infrastructure is a major barrier.

## How hackers are approaching medical cybersecurity

Encouraging more collaboration between hackers, federal officials, medical professionals, medical-device makers, & health care delivery organizations—to hopefully stop medical cyberattacks.

## FCC Increases Universal Service Support for Faster Rural Broadband, Increases Support for Small Carriers and Eliminates Burdens

Continuing its effort to close the digital divide, the Federal Communications Commission today took several steps to significantly improve the quality and expand the availability of high-speed Internet service in rural America.

## Industry Experts Look to the Future of Cybersecurity

What will change in the security industry for 2019? Will it get better...or worse? Which sectors will be targeted? What will security vendors do to improve their products? How will practitioners improve their knowledge? We collected the top insights from throughout the community.

## **Study: Minnesota Telemedicine Visits Up 40 Percentage Points**

A new report from the journal Health Affairs finds the number of telemedicine visits in the state of Minnesota among both urban and rural residents increased sevenfold from 2010 to 2015.

## **State activity in rural broadband is bolstering K-12 connections**

State government rural broadband programs are yielding dividends in K-12 education, according to survey results released last week showing that connection speeds are rising in schools.

## **Will more services under one roof boost telehealth utilization?**

As major players continue to scoop up smaller telehealth fish, the result, hopefully, will provide easier access to a wider range of services.

## **Drones. AI. Bodycams. Is Technology Making Us Safer?**

Across the country, law enforcement agencies are using emerging tech to gather an unprecedented amount of data to drive down crime statistics. But are their efforts actually making a difference?

## **Established eLearning Trends For 2019: Are You Blazing The Tech Trail Or Lagging Behind?**

There's something to be said for taking risks and blazing the trail to stay one step ahead of eLearning innovation. This article will help you determine if you're an early adopter or a laggard when it comes to eLearning trends for 2019.

## **Cybersecurity 101: How to protect your cell phone number and why you should care**

Nowadays, hackers can do far more damage with little effort using just your cell phone number. But unlike your Social Security number, you're far less likely to keep your cell phone number a secret — otherwise nobody can contact you!

## **3 predictions for virtual care in 2019**

What changes will 2019 bring to the realm of virtual care? HealthLeaders asked their readers to peer into the future and predict which trends will have the greatest impact on telehealth in the coming year.

## Governor announces grants available for broadband internet expansion

Up to \$1.3 million in grants are available to areas looking to expand broadband internet access. Gov. Kim Reynolds recently announced the funding is available through the Office of the Chief Information Officer to improve broadband access for lowans and eliminate underserved areas — referred to as targeted service areas — across the state.

## Seizing the Opportunity to Close the Cybersecurity Skills Gap

How the public sector could get a leg up on competing for cybersecurity talent.

## Telehealth Gives Patients a Real-Time Link to Mental Health Support

Texas-based Carter Health Psychiatry & Wellness is using a telehealth platform to connect with its patients in real-time, offering support and collecting data to improve care management and clinical outcomes.



**BROADBAND STRONG:** Delivering **FLEXIBLE** broadband and **FAST** experiences to meet the growing broadband needs of education, government, public safety, and healthcare in Iowa.

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