



EBOOK

Confidence to scale: Vanta success stories in healthcare compliance and automation



Introduction

The healthcare industry has been heavily impacted by data breaches in recent years—and for good reason. Health systems are prime targets because they store a wealth of sensitive data, from personally identifiable information like names and birthdays to private medical records, diagnoses, and treatment histories.

For growing healthcare companies, protecting that data is not only a regulatory obligation but essential to establishing and maintaining customer trust. In fact, [55% of healthcare executives](#) say that their organizations are prioritizing cybersecurity enhancements for 2025. With the [average data breach costing \\$11M](#), the financial stakes are too high to ignore.

Building that trust, however, has become increasingly difficult. Healthcare companies are up against limited resources, a growing burden of manual compliance work, and an uncertain regulatory landscape. To stay ahead of regulations, deepen customer trust, and unlock business growth at every stage, healthcare companies need to scale their compliance efforts.

Read on to find out how they were able to reduce manual effort and scale with confidence with Vanta.

Modern Health saves over 100 hours annually on security and compliance with Vanta

[Modern Health](#) is a global mental health benefits company that aims to offer the most inclusive, comprehensive, and cost effective benefits on the market. Founded in 2017, today the company serves customers like Palo Alto Networks, Dropbox, and more.

Customers often come to Modern Health at their most vulnerable—when they need support for their mental and emotional health—and they’re sharing their most private information. “These are real people with real lives,” says Michael Hensley, Head of Information Security and HIPAA Security Officer at Modern Health. “We need to protect their sensitive data as much as we can.”

Michael and his team of five security engineers are responsible for every aspect of Modern Health’s information security program. This includes managing and maintaining the company’s SOC 2 and HIPAA compliance.

With limited resources, and an ever-growing list of competing priorities, it’s important for the team to automate compliance processes so they can spend more time focused on running their security program. “A lot of the compliance burden for SOC 2 and HIPAA requires that we automate as much as possible,” says Michael. “Otherwise we can’t scale with the business.”

“We don’t have time for manual work such as tracking in spreadsheets, sending emails, creating documentation for auditors and vendor management,” says Michael. “In order for us to successfully mitigate risk and focus on what’s important for the business, these tasks need to take up less than 10% of my team’s time.”

A Vanta customer since 2019, Modern Health was able to achieve SOC 2 and HIPAA compliance with Vanta. “There are so many manual tasks that we used to have to do either in spreadsheets or by reaching out to people,” says Michael. With Vanta, they’re able to automate all the manual work associated with vendor reviews, access audits, vulnerability management, security documentation, and controls.

And with Vanta’s continuous controls monitoring, the Modern Health team has constant visibility into passing and failing tests. They’re alerted right away when something falls out of compliance, making it easy to remediate issues.

“Compliance is not a one day-a-year or one week-a-year task. For us, it is a 365 day-a-year task to make sure that we stay on top of our compliance programs.”

Michael Hensley

Head of Information Security and HIPAA Security Officer,
Modern Health



US Med-Equip cuts audit time in half with Vanta

Founded in 2003, [US Med-Equip](#) partners with thousands of hospitals across the country for the rental, sale, service and asset management of medical equipment, such as respiratory, infusion, beds & therapeutic surfaces, central supply, monitoring, NICU and other life-saving devices. With over 725 employees, US-Med Equip is focused on providing the highest quality medical equipment for patients under the care of its 5,795+ hospital partners.

Joe Berglund, Director of IT Operations and Cybersecurity at US Med-Equip, is committed to achieving operational excellence. His team works to solidify the company's security foundation while continuing to build for the future. "We want to make sure that we're supporting the business as it is today," said Joe. "At the same time, we're trying to effectively support innovation goals that help us move forward."

The team at US Med-Equip knew that it would be extremely valuable to their partners to integrate directly into their EMR systems as it would improve supply chain pain points. To reach this goal, they needed to prove that their partners' data was secure and that the integrations would not introduce any new risk to their partners or USME.

Focusing on SOC 2 Type II, NIST CSF, and HIPAA would help fulfill this mission, but the team was starting fairly fresh. The company did not have an established culture of security nor a deep understanding of why security was so important for end users and the organization at large.

They had tracked HIPAA previously—albeit manually—using lengthy documents and spreadsheets, and they had not addressed SOC 2 Type II requirements before.

With Vanta, US Med-Equip significantly reduced the time required to prepare for audits. In fact, Joe estimates that the time it took to prepare and complete the audit would've taken twice as long had it not been for Vanta.

"Vanta cut our time in half, if not more, to prepare and complete the audit. Using Vanta, we can accurately and continuously measure our performance as a company from a compliance and a security perspective."

Joe Berglund

Director of IT Operations and Cybersecurity, US Med-Equip

Today, Vanta has become a central hub for Joe's team's operations. The visibility, automation, repeatability, and continuous monitoring of the platform itself has been a game-changer for Joe. Now, their team can go into Vanta at any time and understand if their controls are adhered to — and if not, what needs to be addressed and by when.

"Vanta provides a trust management platform for us to use to gauge ourselves and our business to ensure that we are doing everything we can to serve our customers," says Joe.

Healthie achieves HITRUST r2 certification seamlessly with Vanta

In 2016, [Healthie](#)'s two founders met in a business entrepreneurship class at The Wharton School of the University of Pennsylvania and began working on a collaborative, ongoing care experience for dietitians, nutritionists, and their patients. That platform, now called Healthie, has grown into an all-in-one electronic health record (EHR) solution that provides everything health and wellness providers need to manage their practices.

Today, Healthie is home to 115 employees who serve more than 30,000 clinicians, covering more than 11 million patient lives since inception. Because it is so crucial for healthcare practitioners to properly manage sensitive protected health information (PHI), the Healthie team is relentlessly focused on data security, privacy, and achieving compliance with key frameworks.

From day one, Healthie has focused on building a strong security program and protecting customer data. Using Vanta, they've been able to demonstrate their commitment to industry-leading standards, including HIPAA, SOC 2, GDPR. As Healthie and their customers continued to grow rapidly, they decided in 2024 to pursue HITRUST certification.

Their security and compliance team set out to run the HITRUST r2 certification process and welcomed John Norman to the team as VP of Security & Compliance. John previously led HITRUST certification initiatives at three other companies without a GRC solution. John decided that Healthie's best bet in becoming HITRUST certified quickly was to use Vanta and their integration with HITRUST. With Vanta's automatic

evidence collection and cross-mapping capabilities, the team was able to re-use existing controls from the other frameworks they've already implemented.

"We would always rather be one step ahead than one step behind when it comes to protecting sensitive data. By working with Vanta, we're able to stay ahead."

Jenna Parker

Chief of Staff, Healthie

Additionally, Vanta's integration with MyCSF meant that Healthie would not need to manually migrate evidence from Vanta into HITRUST's audit platform. Healthie Chief of Staff Jenna Parker agreed—her experience using Vanta for other compliance audits made her realize that their entire GRC program could be tracked in one place.

By working with Vanta, Healthie was able to attain HITRUST r2 certification and demonstrate strict adherence to a prescriptive approach to PHI security and compliance. This certification gives Healthie evidence of their commitment, which fosters customer trust now and into the future.

The Healthie team estimates that they save over 300 hours per year on becoming and maintaining compliance with these frameworks by automating security workflows like answering questionnaires, conducting access reviews, and completing vendor security reviews.

Build and deepen customer trust with Vanta

If you're a healthcare company, achieving compliance is critical to demonstrating a strong security posture, winning bigger deals, and deepening trust with customers. But it can also cost you time and money.

Growing healthcare companies like yours trust Vanta to simplify and automate compliance across 35+ frameworks—including HIPAA and HITRUST—so they can close deals faster, focus on strategic initiatives, and drive bigger business impact.

With Vanta's continuous monitoring, you can ensure your security posture stays aligned with evolving industry standards, reduce manual effort, and free up resources. Vanta takes the complexity out of compliance so you can scale with confidence.

Is HITRUST right for your organization?

HITRUST CSF consolidates multiple regulatory and industry requirements, such as HIPAA, GDPR, and ISO 27001, into a unified framework that organizations can use to standardize their security practices. Vanta automates up to 80% of the requirements for HITRUST CSF Certifications, making it the fastest way for companies to become certified and get continuous visibility into their standing.

“As we worked toward HITRUST certification, Vanta acted as our single source of truth, automating evidence collection and centralizing controls. This automation streamlined security reviews for 6-7 Enterprise clients, driving \$2-3M in sales.”

Molly Levine

Staff Technical Program Manager,
Garner Health

Vanta is trusted by leading healthcare companies



"Vanta has impacted our business by helping us ROI on time and the certification process. It has saved us 6 months of people hours (x3 FTE). It helps us maintain our certification and migrate to a new standard which is vital to our commercial revenues. No ISO, No money!"

Leo Cunningham
CISO, Owkin

Vanta

Vanta is the leading trust management platform that helps simplify and centralize security for organizations of all sizes. Over 10,000 companies, including Atlassian, Omni Hotels, Quora, and ZoomInfo rely on Vanta to build, maintain, and demonstrate their trust—all in a way that's real-time and transparent. Founded in 2018, Vanta has customers in 58 countries with offices in Dublin, London, New York, San Francisco and Sydney.

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