



How Centerpoint IT Helped **HMR Program** Save Thousands In Monthly Cloud Fees

CASESTUDY

HMR Program, an award-winning weight loss and healthy lifestyle company, needed specialized cloud support to manage their transition to Azure and ensure HIPAA compliance. After acquiring new systems and facing unfamiliar cloud infrastructure, HMR turned to Centerpoint IT for expert guidance.

Centerpoint optimized HMR's Azure environment, implemented secure practices to meet HIPAA standards, and helped the company identify cost-reduction opportunities that saved thousands of dollars each month. This partnership allowed HMR to operate more securely, efficiently, and cost-effectively while maintaining compliance in a highly regulated industry.



Who is HMR Program?

HMR Program offers a clinically proven, award-winning weight loss and healthy lifestyle service. With a focus on helping people achieve their goals through personalized coaching and home-delivered meals, HMR supports its members in maintaining or losing weight. As a company committed to health and wellness, HMR must also ensure that its operations remain secure and compliant with strict health data regulations, such as HIPAA.

After acquiring new systems and processes during a company transition, HMR found themselves in need of expert cloud management and compliance solutions, which led them to Centerpoint IT.

www.hmrprogram.com



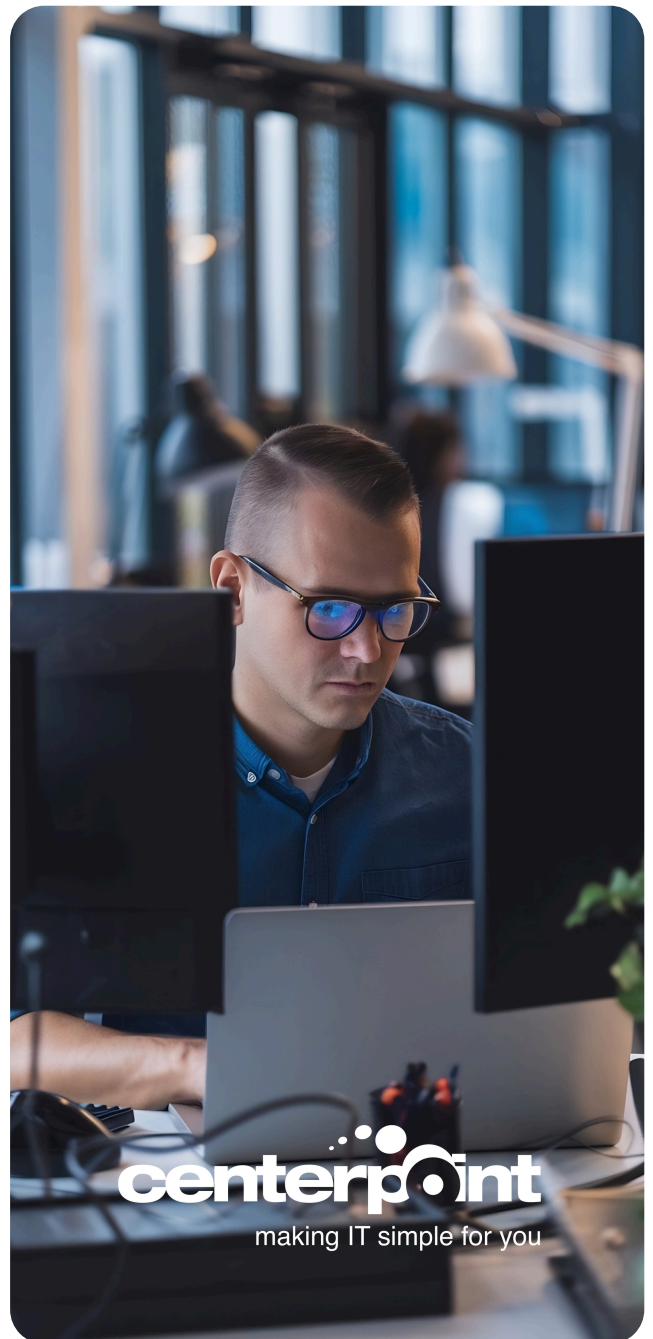
Why Did HMR Program Need Centerpoint IT's Help?

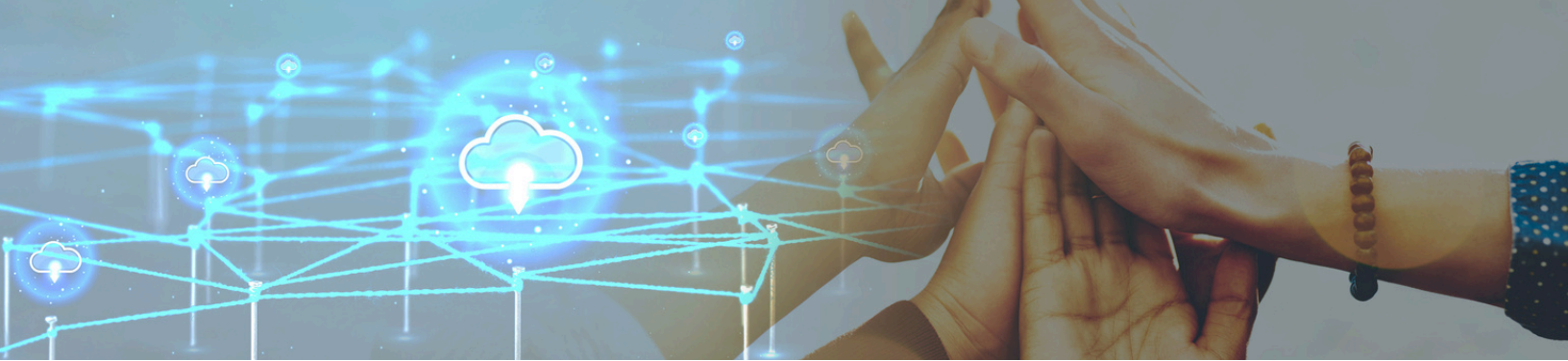
When HMR transitioned to new ownership, they inherited a cloud infrastructure built on Microsoft Azure—an unfamiliar environment for their IT team. Christopher Albrecht, then IT Director and now a consultant for HMR, realized that they needed assistance with Azure's configuration to ensure the system was secure, optimized, and HIPAA-compliant.

"I had never dealt with Azure before, and HMR had strict HIPAA compliance requirements that we needed help addressing",
said Christopher.

Centerpoint IT's role became critical in ensuring that HMR's cloud operations complied with HIPAA regulations, safeguarding sensitive health data, and optimizing cloud usage for cost efficiency. In addition to security and compliance, the team also identified opportunities to significantly reduce cloud expenses, a key area of concern for the company.

"We brought in Centerpoint to assist with that, and their service was excellent",
said Christopher.





What Did Centerpoint IT Do for HMR Program?

Centerpoint IT quickly got to work by thoroughly reviewing and reconfiguring HMR's Azure setup. This involved making the system more secure and efficient while adhering to HIPAA compliance standards. Centerpoint provided antivirus solutions across all devices that accessed HMR's network, a key step in ensuring that health data remained secure and protected.

"They helped us clean up our Azure environment and gave recommendations on how to be more secure and cost-effective. They didn't just give advice, they also offered hands-on assistance when we needed it", said Christopher.

A significant contribution from Centerpoint IT was helping HMR identify cloud resources that were underutilized or unnecessary, which had been driving up costs. By optimizing these resources, they helped the company reduce their cloud spend by thousands of dollars every month, providing immediate and lasting financial benefits.

"Centerpoint showed us how to cut down on costs by removing services we didn't need and finding more efficient ways to use Azure. This saved us thousands of dollars a month", said Christopher.

In addition to configuring Azure, Centerpoint provided rapid support during critical moments. On one occasion, a GoDaddy domain issue caused HMR's site to go down unexpectedly. Centerpoint's team immediately jumped into action to resolve the issue, minimizing downtime and ensuring that the business continued running smoothly.

"We had a couple of emergencies where our site went down, and Centerpoint got right on it. They resolved the issue quickly—if they hadn't been there, the site could have been down for hours", said Christopher.

Centerpoint's proactive approach didn't just stop at solving problems—they also worked closely with HMR to educate the team, empowering them to manage certain aspects of their cloud operations themselves.

"They always involved me in the process, showing me how things worked and helping me learn along the way. Some things I could handle, but when I needed help, they were right there", said Christopher.



Secure, Compliant, and Cost-Effective Cloud Operations For HMR Program

Centerpoint IT's contributions have transformed HMR's cloud environment, making it more secure, cost-effective, and fully compliant with HIPAA regulations. By implementing antivirus solutions and reconfiguring Azure, they ensured that HMR's operations are protected from potential threats, while the company remains compliant with healthcare regulations.

"Centerpoint made our Azure environment more secure and cost-effective while helping us meet HIPAA standards", said Christopher.

Moreover, Centerpoint's hands-on approach empowered HMR to better understand and manage their cloud infrastructure, giving them the confidence to handle smaller tasks while knowing that expert support was always available. Most importantly, their recommendations for reducing cloud costs saved the company thousands of dollars each month, creating significant long-term financial savings.

Transforming HMR Program's Cloud Future

With Centerpoint IT as their trusted partner, HMR Program has not only optimized their Azure environment but also ensured long-term security, compliance, and financial efficiency. By balancing proactive support with educational guidance, Centerpoint has helped HMR take control of their cloud operations while remaining confident that expert assistance is available when needed.

"They've always been upfront with us, even if something was unfamiliar, and they've consistently delivered great results", said Christopher.

As HMR continues to grow and evolve, they can rely on Centerpoint IT to manage their complex cloud infrastructure, keeping their operations secure, compliant, and cost-efficient while focusing on helping their members lead healthier lives.