



**HEIMDAL™**  
SECURITY

# LYF OG HEILSA

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CASE STUDY

2021

**Company Name:** Lyf og Heilsa**Industry:** Pharmaceutical Chain**Year founded:** 1999**Number of employees:** 300**Website:** <https://www.lyfogheilsa.is/>

## Introduction

Lyf og Heilsa (L&H) is a progressive retail and service company with operations in four places around Iceland, in the capital area and in the Akureyri area.

Health and wellness are a specialty of the company and its goal is to increase the quality of life of its customers by offering medicines and other health-related products.

The Equal Pay Policy for Medicines and Health (L&H) is intended to ensure that full equality is observed in the determination of wages. Employees will enjoy the same terms for the same or equally valuable work and the criteria on which the wage decision is based shall not include gender discrimination or other discrimination.

A widely recognized name in the industry, Lyf og Heilsa provides personal, safe and professional services. The product range takes this into account and meets the strictest requirements of customers.

## Lyf og Heilsa Security Challenge

Considering Heimdall™ Security's popularity and the company's ability to move beyond basic cybersecurity measures, L&H quickly settled on our core offering of products and technologies: Threat Prevention Endpoint, Patch & Asset, NexGen Antivirus, Privilege Access Management, Email Security Advanced, Ransomware Encryption Protection, and Remote Desktop.

As the company employed many of our products into one single solution, it was able to single-handedly manage security on both endpoints and perimeter levels with multiple layers in a completely automated setup.

As a result, Lyf og Heilsa was able to manage 3rd party patching, Microsoft updates, Advanced Network Security, Advanced Endpoint Security and Compliance within one single pane of glass.

### A challenge you experienced (and which Heimdall™ Security solved)

*A rogue computer was found on the network. I got an automated email from Heimdall™ that there was a firewall issue on one computer, many failed logins with exactly 30min interval. The beauty is that this computer that was not on our domain was trying to login to one of our computers using a local user account, so other security solutions like Cloud App Security would not spot these attempts because it's not Kerberos. I was able to find the computer and disconnect it from our network in 4 hours after it began trying to login to our computer.*

### Describe in one short paragraph what you like about the Heimdall™ Security product suite and how our cybersecurity solutions helped your operations

*Heimdall™ has solutions that fits our needs, tackles problems we didn't know we had and has a wonderful dashboard that is easy to use.*

*Taking into account today's major and evolving risk of ransomware, I compiled a general strategy with a lot of security layers. If it weren't for Heimdall™ Security, I would probably be working in 4-5 systems to utilize my strategy, but with Heimdall™ I got everything into one system. I can definitely recommend Heimdall™ Security as a unified, easy-to-use endpoint security solution.*

**- Unnar Sigurðsson**  
IT Manager



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