

Phishing-driven mailbox takeover was 2025's most damaging email attack

Mailbox takeovers were about 17% of email breaches but exposed more than 630,000 individuals, the most by impact.

What we found

Phishing-driven mailbox takeovers exposed more than 630,000 individuals in 2025.

Roughly 17% of email breaches began with phishing, but this pattern exposed the most patient data. With valid credentials, attackers log in as legitimate users, read historical email for PHI, and set inbox rules to hide activity. Healthcare breaches carry the highest average cost, \$7.4 million.

What it means for buyers



Stolen credentials mean normal logins

Attackers access inboxes as legitimate users and remain undetected for extended periods.



The inbox is the target

Once inside, attackers mine historical email for PHI, billing, and lab records.



User awareness is not enough

Defenses that rely on staff to spot deception let phishing reach the inbox unchecked.

WHY PAUBOX

8,000+

healthcare organizations rely on Paubox to secure inbound and outbound email.



Phishing stopped upstream

Inbound Email Security blocks phishing messages before they reach users.



ExecProtect+ guards key roles

Added protection for executives and administrators, the most targeted accounts.



HITRUST certified

Annual third-party audit of every control.