

Three email attack patterns drove nearly every 2025 healthcare breach

HHS logged 170 email-related breaches in 2025, affecting more than 2.5 million individuals. Nearly all fell into three patterns.

What the data shows

170 email-related healthcare breaches in 2025 affected more than 2.5 million individuals.

A review of HHS breach data from January through December 2025 found nearly every email-related breach fell into one of three patterns: mailbox takeover after credential theft, business email compromise and impersonation, and vendor or business associate exposure. Each triggered reportable breaches, and many remain under investigation.

What it means for buyers



Mailbox takeover exposed the most PHI

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



Impersonation triggers disclosure

Business email compromise turns trusted-looking senders into voluntary disclosure of PHI.



Vendors were the most common path

Nearly one in three breaches, 28%, involved a vendor or business associate.

WHY PAUBOX

8,000+

healthcare organizations trust Paubox to secure every email they send and receive.



Inbound Email Security

Behavioral AI blocks phishing and impersonation before they reach inboxes.



Encryption on by default

Every outbound email is encrypted by default, protecting PHI sent to vendors.



HITRUST certified

Annual third-party audit of every control.