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Are you backing up your data?

With an increasing number of spyware attacks that put your data and files at risk, backing up your computer and/or server is very important. It can prevent you from having downtime, losing important files or customer information forever.

Older backup methods include tape backups, when you manually record your data to a tape, which sometimes gets used over and over again, overwriting previous backups; or backing up to an external hard drive, another manual task that requires you or someone in your staff to remember to back up the data every day. The biggest down side of both of these, is that you are not protected against catastrophes like accidental file deletion, hard drive crash, theft, fire, etc.

Stimulus Technologies highly recommends offsite backup services that automatically backup your computer or server data after hours every day and retains your information for several years. It is important to also find a solution that is easy to restore. Here are four cloud services we like:

Carbonite

<http://www.carbonite.com/cloud-and-hybrid-backup-products>

Carbonite is one of the most popular and known services for cloud backup solutions. They offer a 30 day trial and their business plan starts at \$269.99 a year for 250GB (Approximately 92 cents per GB). The basic business plan can be used for unlimited computers, hard drives and NAS devices, it doesn't backup servers. If you want to back up your server, you need their Prime business plan for \$599.99 a year for 500GB (Approximately 83 cents per GB).

Pros: Access files and data from mobile devices, HIPPA complaint backups, file encryption, easy profile creation, phone and online support.

Cons: No monthly plans, automatic service renewals, first backup can take several days or weeks depending on the amount of data you have and internet connection.

Vegas Backup

<http://itservicesvegas.com/services/vegas-backup/>

This is Stimulus Technologies' offsite file and data backup service; you can sign up for a 30 day trial. When you are ready to subscribe, the cost per GB is 50 cents with a minimum of 20GB of storage (\$10/mo). You can schedule unlimited workstations and servers under one account to do the backups automatically, after hours, daily...

[Read the full article](#)

Meet Our Technicians

Brian Alwood – Director of Technical Operations

Brian Alwood is Stimulus Technologies' Director of Technical Operations. He joined the Stimulus Technologies team three years ago bringing over 20 years of experience in the technology industry, management and customer service field...

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Pitbull Pest Control

Pitbull Pest Control offers the highest level of commercial and residential pest services available in Southern Nevada. If you're looking for a safe and practical way to control Nevada insects, our service technicians are among the most experienced in the business.

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