



LifeOmic Mobile Apps Improve Holistic Health

NowSecure integrated DevSecOps testing speeds the release of wellness apps and aids regulatory compliance.

About

Founded in 2016, LifeOmic leverages the cloud, machine learning and mobile devices to offer disruptive solutions to healthcare providers, researchers, employers, health coaches, health IT companies and individuals. The software company improves health outcomes with its suite of mobile apps. Headquartered in Indianapolis with offices in North Carolina and Utah, LifeOmic has been recognized as a top place to work by *Fast Company* and *Outside Magazine*.

Executive Summary

Leading healthtech company LifeOmic prides itself on strong security as a differentiator for its consumer and enterprise mobile applications. The business supports compliance with HIPAA, GDPR and CCPA and has earned HITRUST CSF, SOC 2 Type 2 and FedRAMP certifications.

LifeOmic integrated NowSecure Platform automated mobile application security testing software into its DevSecOps pipeline to speed the delivery of high-quality mobile apps. NowSecure tooling and training provides LifeOmic with the following benefits:

- Shrink the testing timeline from one week to two hours or less
- Empower developers with fast feedback loops, secure coding skills and remediation assistance
- Guard against supply-chain and third-party library vulnerabilities
- Help achieve and maintain regulatory compliance with CCPA, FedRAMP, GDPR, HIPAA and others

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— Joe DiMarzio, Senior Product Security Engineer, LifeOmic

The Story

LifeOmic empowers individuals to live healthier, active lives. The precision health company's mobile apps encourage users to eat nutritiously, practice intermittent fasting, exercise, log enough sleep and reduce stress through mindfulness. Nearly 4 million users have downloaded a LifeOmic mobile app.

Given the sensitivity of the personal and Internet of Things (IoT) data users track in the mobile apps, security and privacy are of critical importance to LifeOmic. Manual mobile application penetration testing was holding the company's app development and security teams back. The laborious manual testing process took too long to complete and couldn't scale to support a corporate initiative to earn FedRAMP certification.

LifeOmic solved the problem by embedding NowSecure Platform automated mobile appsec testing directly into the DevSecOps toolchain. “NowSecure has been a huge benefit because it saves a lot of

time and gives us peace of mind knowing we have continuous testing coverage,” says Joe DiMarzio, senior product security engineer for LifeOmic.

Automating AppSec Testing

LifeOmic initially launched the LIFE Fasting Tracker mobile app for consumers and then added the LIFE Extend mobile app targeted at both consumers and corporations. The company also runs a cloud platform for researchers and clinicians. “It’s really fast paced, but then we all have all the compliance regulations too,” DiMarzio says. “So it’s an interesting mix.”

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A major challenge with manual security testing is it can’t keep up with the LifeOmic mobile application development team’s biweekly app store updates. Quarterly penetration tests and a bug bounty program using ethical hackers from HackerOne were already in place, but the security team wanted to minimize any potential catchup time in discovering security, privacy and compliance vulnerabilities.

“Mobile app pen testing has a really high overhead. There’s a lot of tooling to set up and you also have to have a pretty deep knowledge base to do it effectively,” explains DiMarzio. “It’s time consuming and easy to miss stuff.” What’s more, the process took nearly an entire week which was impractical for supporting a fast release cycle.

As a result, DiMarzio began investigating automated mobile appsec testing solutions. Although he initially considered open-source options, he found the tools difficult to set up and lacking in functionality. The LifeOmic CISO recommended NowSecure Platform due to its deep, automated SAST, DAST, IAST and APIsec coverage. After evaluating the product, the LifeOmic security team discovered NowSecure Platform could do everything they previously did manually in a fraction of the time.

[NowSecure](#) offers a comprehensive suite of automated mobile app security and privacy testing solutions, penetration testing and training services to reduce risk. Trusted by many of the world’s most demanding organizations, NowSecure protects millions of app users across banking, insurance, high tech, retail, healthcare, government, IoT and others. As the recognized expert in mobile app security, the company was recently named a mobile security testing leader by IDC, a DevSecOps transformational leader by Gartner, a Deloitte Technology Fast 500 winner and a TAG Distinguished Vendor.

Accelerating Mobile DevSecOps

LifeOmic integrated NowSecure Platform into the DevSecOps toolchain for seamless continuous mobile appsec testing. When devs submit a build to the Jenkins CI/CD system, a web hook sends the binary to NowSecure to test. After completing the assessment, NowSecure Platform pushes alerts to GitHub Issues for ticketing with the severity attached and a product security engineer assigns the issue to the developer who was responsible. Developers receive the notifications directly in GitHub where they work and can begin fixing the bug immediately. “We’ll know in an hour or two versus before, we might not have known about a vulnerability for days or weeks or if a researcher reported it to us,” DiMarzio says.

The security and development teams especially appreciate the dev-friendly findings unearthed by NowSecure Platform, such as direct evidence, contextual information, code snippets and remediation recommendations. “We can immediately see what issues popped and what caused them,” DiMarzio notes. Some of the most common problems flagged are cryptographic problems, outdated libraries or storing passwords in plaintext on the device. In addition to saving a lot of time finding and fixing bugs, LifeOmic developers benefit from NowSecure Academy training to upskill on secure coding practices.

Findings Expedite FedRAMP Certification

LifeOmic also found NowSecure Platform automated mobile appsec testing particularly helpful in providing critical data to achieve FedRAMP certification in 2021. FedRAMP is a U.S. government standard for security assessment, authorization and continuous monitoring for cloud products and services.

The LifeOmic team is particularly proud of that accomplishment because it takes most businesses several years to earn FedRAMP certification. “Obviously the audit is very stringent,” says DiMarzio. “It took a lot of work but is a testament to the maturity of our security team for the size of our organization.”

As a company authorized to sell to the U.S. government, DiMarzio is tracking progress of the federal cybersecurity executive order to provide a Software Bill of Materials (SBOM). And with supply-chain attacks on the rise, he plans to use NowSecure to closely monitor the third-party components in the company’s apps.

“We have a really good relationship with the NowSecure team and we’re great about using Platform to its full potential,” DiMarzio sums up.