

Gale Network Requirements

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1. Overview

The following document outlines the network requirements for services used by the Gale platform. Failure to meet these requirements may cause an interruption in service and possible unexpected behavior.

2. Network Requirements

To ensure sufficient video quality, a strong wireless network is required. A minimum bandwidth of 5 MB/s download and 5 Mb/s upload is required if the line will not be shared with other users. Greater speeds will be required if there is other traffic on the network.

3. Firewall Ports/Rules

The following IP addresses and ports must be allowed in order to run the associated services.

Server	Protocol	Port	Purpose
zoom.us	TCP		Zoom video calls
prxy.19labs.com	https,wss	443	proxy communications
careproviderprd.19labs.com careprovider.19labs.com	https	443	configuration creation
cc.19labs.com	https	443	Call center.
builds.19labs.com (52.27.16.98)	https	443	content / update download
api.19labs.com	https (MA)	5002	event logging, policy , configuration update
smtp.gmail.com	tcp	465	Email Service
*	https/http	443,80	Home page (configurable to any accessible web page)
*	https	443	Wellness page (configurable to any HIPAA compliant web page)
time.android.com	udp	123	Network time

Zoom

To configure your network firewall, please see the following table. All rules should be applied both inbound and outbound.

Available at:

<https://support.zoom.us/hc/en-us/articles/201362683-Network-firewall-or-proxy-server-settings-for-Zoom>

Protocol	Ports	Source	Destination
TCP	80,443	All Zoom clients	*.zoom.us
TCP	443,8801,8802	All Zoom clients	*.zoom.us
UDP	3478, 3479, 8801 - 8810	All zoom Clients	*.zoom.us

TCP	443, 8801, 8802	All Zoom clients	IPv4: 3.7.35.0/25 3.21.137.128/25 3.22.11.0/24 3.23.93.0/24 3.25.41.128/25 3.25.42.0/25 3.25.49.0/24 3.80.20.128/25 3.96.19.0/24 3.101.32.128/25 3.101.52.0/25 3.104.34.128/25 3.120.121.0/25 3.127.194.128/25 3.208.72.0/25 3.211.241.0/25 3.235.69.0/25 3.235.82.0/23 3.235.71.128/25 3.235.72.128/25 3.235.73.0/25 3.235.96.0/23 4.34.125.128/25 4.35.64.128/25 8.5.128.0/23 13.52.6.128/25 13.52.146.0/25
19Labs Confidential			

			18.157.88.0/24
			18.205.93.128/25
			50.239.202.0/23
			50.239.204.0/24
			52.61.100.128/25
			52.81.151.128/25
			52.81.215.0/24
			52.202.62.192/26
			52.215.168.0/25
			64.125.62.0/24
			64.211.144.0/24
			65.39.152.0/24
			69.174.57.0/24
			69.174.108.0/22
			99.79.20.0/25
			101.36.167.0/24
			103.122.166.0/23
			111.33.115.0/25
			111.33.181.0/25
			115.110.154.192/26
			115.114.56.192/26
			115.114.115.0/26
			115.114.131.0/26
			120.29.148.0/24
			129.151.0.0/20
			129.159.0.0/20
			130.61.164.0/22
			134.224.0.0/16

			140.238.128.0/24 140.238.232.0/22 144.195.0.0/16 147.124.96.0/19 149.137.0.0/17 152.67.20.0/24 152.67.118.0/24 152.67.168.0/22 152.67.180.0/24 152.67.184.0/22 152.67.240.0/21 158.101.64.0/24 160.1.56.128/25 161.189.199.0/25 161.199.136.0/22 162.12.232.0/22 162.255.36.0/22 165.254.88.0/23 168.138.16.0/22 168.138.48.0/24 168.138.56.0/21 168.138.72.0/24 168.138.74.0/25 168.138.96.0/22 168.138.116.0/22 168.138.244.0/24 170.114.0.0/16 173.231.80.0/20
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			192.204.12.0/22 193.122.32.0/22 193.122.36.0/22 193.122.208.0/20 193.122.224.0/20 193.122.240.0/20 193.123.0.0/19 193.123.40.0/22 193.123.44.0/22 193.123.128.0/19 193.123.168.0/21 193.123.192.0/19 198.251.128.0/17 202.177.207.128/27 204.80.104.0/21 204.141.28.0/22 207.226.132.0/24 209.9.211.0/24 209.9.215.0/24 213.19.144.0/24 213.19.153.0/24 213.244.140.0/24 221.122.88.64/27 221.122.88.128/25 221.122.89.128/25 221.123.139.192/27 IPv6: 2620:123:2000::/40
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UDP	3478, 3479, 8801 - 8810	All Zoom clients	IPv4: 3.7.35.0/25 3.21.137.128/25 3.22.11.0/24 3.23.93.0/24 3.25.41.128/25 3.25.42.0/25 3.25.49.0/24 3.80.20.128/25 3.96.19.0/24 3.101.32.128/25 3.101.52.0/25 3.104.34.128/25 3.120.121.0/25 3.127.194.128/25 3.208.72.0/25 3.211.241.0/25 3.235.69.0/25 3.235.82.0/23 3.235.71.128/25 3.235.72.128/25 3.235.73.0/25 3.235.96.0/23 4.34.125.128/25 4.35.64.128/25 8.5.128.0/23 13.52.6.128/25 13.52.146.0/25
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			18.157.88.0/24
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			50.239.202.0/23
			50.239.204.0/24
			52.61.100.128/25
			52.81.151.128/25
			52.81.215.0/24
			52.202.62.192/26
			52.215.168.0/25
			64.125.62.0/24
			64.211.144.0/24
			65.39.152.0/24
			69.174.57.0/24
			69.174.108.0/22
			99.79.20.0/25
			101.36.167.0/24
			103.122.166.0/23
			111.33.115.0/25
			111.33.181.0/25
			115.110.154.192/26
			115.114.56.192/26
			115.114.115.0/26
			115.114.131.0/26
			120.29.148.0/24
			129.151.0.0/20
			129.159.0.0/20
			130.61.164.0/22
			134.224.0.0/16

			140.238.128.0/24 140.238.232.0/22 144.195.0.0/16 147.124.96.0/19 149.137.0.0/17 152.67.20.0/24 152.67.118.0/24 152.67.168.0/22 152.67.180.0/24 152.67.184.0/22 152.67.240.0/21 158.101.64.0/24 160.1.56.128/25 161.189.199.0/25 161.199.136.0/22 162.12.232.0/22 162.255.36.0/22 165.254.88.0/23 168.138.16.0/22 168.138.48.0/24 168.138.56.0/21 168.138.72.0/24 168.138.74.0/25 168.138.96.0/22 168.138.116.0/22 168.138.244.0/24 170.114.0.0/16 173.231.80.0/20
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4. Home Page Requirements

Often, the GALE Home/Wellness page is hosted on Wix cloud platform and is accessed entirely through standard web technologies. Ensure the following requirements are met to ensure users have access to the home page.

1. Network Connectivity

- Outbound internet access must be permitted.
- No inbound connections to the local network are required.

2. Ports and Protocols

The following outbound ports must be allowed:

- TCP 443 (HTTPS) – Primary communication channel
- TCP 80 (HTTP) – Used for redirects to HTTPS

All application traffic occurs over HTTPS.

3. Domains / Endpoints

If domain allowlisting is enforced, outbound access must be permitted to the following domains and subdomains:

- *.wix.com
- *.wixsite.com
- *.wixstatic.com
- static.wixstatic.com (Wix Media / static assets) [OBJ]
- static.parastorage.com (Wix static resources) [OBJ]
- *.wixapis.com and edge.wixapis.com (Wix site services/APIs commonly used by Wix pages)

Important: Wix uses CDNs and a large, changing set of IPs for static assets, so domain/SNI-based allowlisting is preferred over IP allowlisting.

4. Encryption

- TLS 1.2 or higher
- Valid public SSL/TLS certificates issued by trusted certificate authorities

5. Web Technologies

The network must allow standard web technologies over HTTPS, including:

- HTML, CSS, JavaScript
- WebSockets over HTTPS (used for interactive features)

6. Prohibited / Not Required

The application does **not** require:

- FTP, SFTP, or SSH
- VPN tunnels
- Custom or non-standard ports
- Port forwarding
- Database connectivity
- Browser plugins or local software installation