When to use file-level backup

This article applies to:

CuteBackup

QUESTION: Should I use traditional or file-level backup?

ANSWER: We recommend using traditional (sector-level) backup when you need to back up the whole volume, especially if this volume is where your operating system is located. Otherwise, when you need to back up only your own created files (documents, photos, etc.), especially if they are only a small part of the data on the volume, the right choice would be file-level backup.

GlobalSCAPE Knowledge Base

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