

12 Tips to Protect Yourself From Healthcare Fraud

1. Only go to your personal doctor, hospital or clinic for medical help. Only they should make referrals for special equipment, services, or medicine.
2. Never show anyone your medical or prescription records without first talking to your doctor or pharmacist.
3. If someone calls and tries to threaten or pressure you into something – simply hang up the phone.
4. If someone comes to your door and says they are from Medicare or some other health care company, SHUT THE DOOR! *It's shrewd to be rude!*
5. Do your homework and talk to your healthcare provider before buying or investing in internet “cure-all” or “miracle” products or services.
6. Don't keep mail in your mailbox for more than one day. People can and will steal personal information right out of your mailbox!
7. Rip up, shred or otherwise **destroy** your Medicare or other healthcare papers and other important documents instead of just throwing them away, but remember to record your doctor's visits, prescriptions, etc., in a healthcare journal (which is available from the Nevada SMP). *Crooks will go through the trash!*
8. Treat your **Medicare** and **Social Security** numbers like credit cards. If someone offers to buy your Medicare or Social Security number, DON'T DO IT...It's simply not worth it.
9. Remember that Medicare doesn't SELL ANYTHING.
10. Follow your instincts – if it seems too good to be true, IT USUALLY IS!
11. If you suspect an error, fraud or abuse related to health care, gather the facts and report it to your local SMP office at **702-486-3403** or toll free at **1-888-838-7305**.
12. **ALWAYS READ** your Medicare Summary Notice (MSN) or health care billing statement (Explanation of Benefits). Your MSN & other Explanation of Benefits forms are generally stamped “This is Not a Bill” and come in AFTER you receive medical care.

Look for three (3) things on your billing statement(s):

- Charges for something you didn't receive
- Billing for the same thing twice
- Services that were not ordered by the Doctor

