



SENIOR MEDICARE PATROL

NEWSLETTER

AA

DECEMBER 1, 2021

IF YOU HAVE MEDICARE/MEDICAID COMPLAINTS CALL OUR UTAH SMP/SHIP PARTNERS

Davis County
801-525-5050

Five County AAA
435-673-3548

Mountainland AAA
801-229-3819

Salt Lake County
385-468-3200

Six County
435-893-0736

Uintah Basin AAA
435-722-4518

Weber AAA
801-625-3770

Bear River AAA
435-752-7242

Tooele County AAA
435-277-2420

Southeastern AAA
435-613-0028

San Juan AAA
435-587-3225

Uintah County AAA
435-789-2169

**Or call toll free
800-541-7735
For ANY Medicare Assistance**

How to spot and avoid common health scams

November 22, 2021

by Jim Kreidler

Consumer Education Specialist, FTC

National Family Caregivers Month

Spot and avoid common health scams

#NFCMonth
[ftc.gov/health](https://www.ftc.gov/health)

FEDERAL TRADE COMMISSION

As a caregiver for a family member with special health needs, you know that shopping, making meals, or just regularly spending time with someone who can't get out much can profoundly improve their quality of life. But being a caregiver is stressful, and scammers know that, too. In fact, dishonest companies will say almost anything to get you to buy their product or service. So, as part of National Family Caregiver's month, here are steps to take before you buy any health product or service — for yourself or someone else.

- **Do some research.** Search for the name of the treatment or product online, plus the words “review,” “complaint,” or “scam.”
- **Ask a health professional first.** Find out:

This document was supported, in part, by a grant from the Administration for Community Living, Department of Health & Human Services. Grantees undertaking project under government sponsorship are encouraged to express freely their findings and conclusions. Point of view or opinions do not; therefore represent official Administration for Community Living Policy.



- Does this product or treatment actually work?
- What’s the scientific evidence?
- How will it interact with other supplements or drugs the person you’re caring for takes?
- **Be skeptical about products that come with guarantees or promises.** Some companies want to take advantage of your hope.
- **Know that “natural” doesn’t mean either safe or effective.** In fact, “natural” can be both harmful and ineffective. And some “natural” products might interfere with proven treatments recommended by a doctor.
- **Evaluate the claims.** Ads must be truthful, not misleading. But remember, you are the best defense against health scams. Don’t assume that some government agency has approved a claim just because you see it in an ad.
- **Know that the government wouldn’t hide proven remedies from you.** If an ad offers a treatment that the seller claims the government or pharmaceutical industry doesn’t want you to know about, it’s a scam.

If you think you’ve spotted a health scam, tell your friends and family about it. Then tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/whistleblower). Your reports help the FTC and our law enforcement partners build cases and stop scammers.

The Utah Senior Medicare Patrol (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse. Local SMP office 1-800-541-7735