



MEDICARE ASSISTANCE PROGRAM

12 TIPS TO PROTECT YOURSELF FROM HEALTHCARE FRAUD

- 1** Only visit 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 health care 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 steal personal information right out of your mailbox.
- 7** Rip up or shred your Medicare or other health care papers and other important documents before throwing them away. **CROOKS GO THROUGH THE TRASH!**
- 8** **Treat your Medicare & 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” does not sell anything.**
- 10** **READ your Medicare summary notice or healthcare billing statement!** This is the piece of mail stamped “This is not a bill” that comes after you get medical care.
- 11** If you suspect an error, fraud or abuse related to health care, gather the facts and **report it.**
- 12** **Follow your instincts** – if it seems too good to be true, it usually is!

THREE THINGS TO LOOK FOR ON YOUR BILLING STATEMENT:

- Services that weren't ordered by the doctor
- Billing for the same thing twice
- Charges for something you did not get

MAP HELPLINE: 1.800.763.2828
MAP WEBSITE: map.oid.ok.gov

37%

of Americans Ages 62-75

ranked fear of fraud ahead of concern for health crises and terrorism!

Healthcare fraud is not just about losing money. It can make you sick or hurt you. From unsafe drugs sold on the internet as a “cure” for cancer, to wheelchair billing plots that try to bilk consumers and Medicare out of millions of dollars for unneeded or improper equipment, healthcare fraud is everyone’s concern!

Healthcare fraud, errors and abuse costs the US approximately \$60 billion a year. One dollar of every \$10 spent on public insurance programs like Medicare and Medicaid is lost to fraud. Medicare fraud impacts everyone, as a tax payer and a consumer.

Don't Be a Victim

Consumers like you play a big role in the fight against healthcare fraud by reporting errors and possible fraud. Law enforcement is important, but the best protection comes from preventing people from being cheated in the first place. There are 12 simple steps you can take to protect yourself and your family. (see other side)

To learn more about how to protect yourself or join in the fight against fraud, contact our SMP Helpline:

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Take Action

Post these 12 tips to protect yourself on your refrigerator and use them as a daily checklist to make sure you are keeping your personal information and health safe. Everyone pays the price for healthcare fraud, errors and abuse, through higher insurance payments, increased costs for medical services and equipment, and greater expenses for Medicare and Medicaid. **But more importantly, lives are at stake.**



This publication, printed by Oklahoma Department of Central Services is issued by Oklahoma Department of Insurance as authorized by Commissioner John Doak. XXX copies have been prepared and distributed at a cost of \$XXX. This project was supported, in part, by a grant from the U.S. Administration on Aging, Department of Health and Human Services, administered by the Oklahoma Insurance Department, as authorized by Insurance Commissioner John D. Doak. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.



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