

# Health Care Scams

## 1. What is a health care scam?

Some health care products or services are scams. Scams claim to prevent, treat, or cure diseases, but they don't work. Some scams do more than waste your money. They can cause serious injury or even death. Some products may claim to be "natural" but contain hidden ingredients, including prescription drugs, and banned substances, like steroids.

Another type of health care scam is when your health and financial information is stolen. Scammers may sell or use your MediCal, Medicare, or social security numbers to get health care services and prescription medicines.

## 2. How do I spot a scam?

**Watch out for labels and ads that have warning signs like these:**

- One product that cures a wide range of diseases.
- Personal stories: "It cured my diabetes"
- Quick fixes: "Lose 30 pounds in 30 days"
- Miracle cures: "My cancer is gone"
- Secret ingredients: "Doctors don't want you to know"
- New discovery: "Scientific breakthrough"

**Check your health and financial information:**

- Get a free credit report every year by calling 1-877-322-8228 or visiting [www.ftc.gov](http://www.ftc.gov)
- Contact your health insurance company for a list of the benefits they paid in your name
  - Check the Explanation of Benefits statements that your health insurer sends. If something is not right, call customer services

## 3. How can I get help if I am a victim of a scam?

- Call the LA County Department of Consumer and Business Affairs 1-800-593-8222. They will help you file a complaint and if appropriate, try to get your money back.



### Key Points:

- Beware of health care scams
- Take steps to protect yourself from identity theft and fraud
- Get help if you've been a victim

### For More Information:

**Health Care Consumer Protection**

[Publichealth.lacounty.gov/hccp](http://Publichealth.lacounty.gov/hccp)

**Los Angeles County**

**Department of Consumer and Business Affairs**

1-800-593-8222

[dcba.lacounty.gov](http://dcba.lacounty.gov)