



## Protect · Detect · Report

- 🕒 Educate yourself about Medicare benefits
- 🕒 Protect your Medicare number
- 🕒 Record doctor visits, tests and procedures in your personal health care journal
- 🕒 Detect mistakes on your Medicare statements by reviewing them carefully
- 🕒 Do not be influenced by advertising for services, equipment or medications
- 🕒 Medicare does not call or visit your home to sell you anything
- 🕒 Rarely are Medicare services “free”
- 🕒 Report Medicare/Medicaid errors, fraud, abuse and scams to North Carolina SMP Program

**Contact the North Carolina SMP Program at SHIP**

**1-800-443-9354**

**[www.ncship.com](http://www.ncship.com)**

**Jim Long, Insurance Commissioner**