



Preventing Medicare Fraud

ND SMP Scam of the Month – July 2025

How to Stop Junk Mail

Are you getting a lot of junk mail and wondering why? You're not the only one! Many people want to know who's sending all those ads, credit card offers, and magazines they never signed up for. The good news is you *can* do something about it. Here's how to cut down on junk mail and protect your personal information:

1. Get Less Promotional Mail

- Go to **DMAchoice.org**. This website helps you choose what kinds of mail you want, like catalogs or magazines.
- It costs **\$6** to sign up, and it lasts for **10 years**.
- This won't stop *all* junk mail, but it will help a lot!

2. Stop Spam Emails

- You can also remove your email from national lists using the **Email Preference Service** (eMPS), found on the same site.

3. Say No to Credit Card & Insurance Mail

- Tired of getting pre-approved credit card and insurance offers? Go to **OptOutPrescreen.com** or call **1-888-567-8688**.
- You can stop them for **5 years** or even **forever**!

4. Be Careful with Warranty Cards

- You don't need to mail in a warranty card to be covered if your product breaks.
- Companies often use these cards to send more ads, so it's okay not to send them in.

5. Keep Your Information Safe

- Never give out personal information like your **Social Security number**, **Medicare number**, or **bank info** online, over the phone, or in an email—**unless you're 100% sure who you're talking to**.
- If someone calls and says they're from **Medicare** or **Social Security**, it's probably a **scam**! Don't trust the caller.

Quick Tip:

If it sounds too good to be true — hang up, delete the message, or talk to a trusted adult.

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029 or 701-858-3580. ND SMP will help Medicare beneficiaries prevent, detect, and report fraud. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Federal Trade Commission. (n.d.). *How to stop junk mail*. <https://consumer.ftc.gov/articles/how-stop-junk-mail>. Accessed 9 June 2025.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

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