

U and Universal

Watch for Social Security Telephone Scams:

The Social Security Administration reports that impersonation scams are on the rise and have become the leading type of fraud reported to the Federal Trade Commission. Scammers will go to great lengths to trick people into providing personal information and money. The scammers will mention problems with your Social Security number and sometime use threats of arrest unless you pay fines or fees. These types of calls are not from the SSA. If you receive a suspicious call, hang up. If you receive a suspicious email, do not reply or follow links embedded in the email. You are also encouraged to report these calls and emails to: www.oig.ssa.gov

Did you know?

If you have Blue Cross/Blue Shield insurance, there is an App called “Blue Connect” available for use. The App allows you get your Blue Cross NC experience “to go’ and can assist you to manage cost and make better decisions about your health. The App features a rewards program that pays \$10 to register on the site and has other rewards as well. Once registered you can redeem rewards at UseBlueRewards.com. There is also a Healthline Blue number, 1-877-477-2424, that can answer general questions about common symptoms and may save you from taking a trip to the ER. Emergency room visits continue to drive up cost of health care. Blue Cross lists non-emergency health problems such as allergies, sinus problems, urinary problems, ear problems as things that can be treated at Urgent Care. It is also suggested to find a primary physician that can provide treatment at a reduced cost over an ER visit. The CDC states that the best way to help prevent getting sick from viruses or colds is through frequent hand washing. The CDC also suggest that the best way to keep from spreading sicknesses is to cover your mouth when you cough or sneeze.

To sign up for the App go to: www.blueconnectnc.com

Terry Bedford

Assistant State Training Director

www.umhs.net