

Numbers worth having

The insert for Scam or No Scam. Keep it by the phone.

Working title: "Scam or No Scam". The name is unconfirmed pending attorney clearance and may change before print.

Start here

National Elder Fraud Hotline

833-372-8311

Monday through Friday, 10 a.m. to 6 p.m. Eastern
Free help for older adults and their families, and a case manager who stays with you.

AARP Fraud Watch Helpline

877-908-3360

Monday through Friday, 8 a.m. to 8 p.m. Eastern
Free guidance for anyone targeted, member or not. They do not lecture, and they run free support groups.

Eldercare Locator

800-677-1116

Monday through Friday, 8 a.m. to 9 p.m. Eastern
Connects you to services in your own county, including your state's Adult Protective Services.

Report it

FTC ReportFraud

877-382-4357

Reports every kind of fraud and feeds law enforcement. Online at reportfraud.ftc.gov, or by phone.

FBI IC3

www.ic3.gov

Reports internet, phone and wire fraud to the FBI. Online form only. Filing fast is what makes a freeze possible.

IdentityTheft.gov

877-438-4338

The FTC's recovery plan if your details were taken, with a phone line for anyone who would rather not do it online.

USPS Postal Inspection Service

877-876-2455

Mail fraud and theft, including cash sent by mail or picked up by a courier.

Health care

Medicare

800-633-4227

24 hours a day, 7 days a week, except some federal holidays
Check whether a call, a letter or a new card is real, and ask about claims on your own account.

Senior Medicare Patrol

877-808-2468

Free, federally funded help going through a Medicare statement with you.

HHS Office of Inspector General Hotline

800-447-8477

Report suspected Medicare or Medicaid fraud.

Government

Social Security

800-772-1213

Monday through Friday, 8 a.m. to 7 p.m., local time
Check whether a call claiming to be Social Security was real.

Government

Social Security Fraud Hotline

800-269-0271

Report a Social Security impersonation call or misuse of your number.

IRS

800-829-1040

General taxpayer help. The IRS writes to you first, by mail.

TIGTA

800-366-4484

Report a call from somebody pretending to be the IRS.

Money and credit

Equifax

888-298-0045

Place, lift or manage a credit freeze.

Experian

888-397-3742

Place, lift or manage a credit freeze.

TransUnion

800-916-8800

Place, lift or manage a credit freeze.

AnnualCreditReport.com

877-322-8228

The only federally authorized source for your free credit reports.

FINRA

800-289-9999

Check whether an investment broker is really registered. Advisers are at adviserinfo.sec.gov.

If English is not your first language

NAPCA

800-336-2722

Mandarin 800-683-7427

Cantonese 800-582-4218

Korean 800-582-4259

Vietnamese 800-582-4336

Medicare, Social Security and other benefits, in Mandarin, Cantonese, Korean, Vietnamese or English.

IRS interpretation line

833-553-9895

The IRS line for languages other than Spanish: an assistor brings an interpreter on.

No single number to print

Adult Protective Services

Every state runs its own, with its own number, so there is no single national line. The Eldercare Locator above will connect you to yours.

Investment advisers

adviserinfo.sec.gov is a public lookup with no phone line of its own. Use it to check whether an adviser is registered.

Numbers change. This insert carries its own date so it can be reprinted on its own: a number that changes invalidates this one sheet and not the deck. Every number here was checked against the organization's own page, not a search result. Last checked 2026-09-13, 2026-09-17, 2026-09-18, 2026-09-20, 2026-10-02, 2026-10-04. Nobody on this sheet will ever call you first and ask for money, a code, or your Medicare or Social Security number. If a caller gave you a number, it is not one of these. Look it up here instead. Trust But Verify, trustbutverifyproject.org. Free to copy, print and share.