

Attorney General Bill Schuette's Consumer Education Newsletter

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Better Business Bureau's Top 10 Scams of 2015

Last year, the Better Business Bureau (BBB) launched the [BBB Scam Tracker](#). This online tool provides an outlet for consumers to report anything that appears to be a scam. Consumers can also utilize an interactive map that determines where and which scams were reported throughout the U.S. and Canada.

Based on these submissions, the following are the top 10 scams of 2015:

- Tax Scams
- Debt Collection Scam
- Sweepstakes/Prizes/Gifts Scams
- Tech Support Scam
- Government Grant Scam
- Advance Fee Loan Scam
- Credit Card Scam
- Work from Home Scam
- Fake Check/Money Order Scam
- Lottery Scam

[Additional information on how the above scams work](#) is available at: www.bbb.org/top10scams.

Extra Virgin Olive Oil (EVOO)

You're paying for EVOO, but what's really in that bottle?

60 Minutes recently released a [documentary entitled Agromafia](#), which focuses on how many of the

leading brands of EVOO (bottled in Italy) may not be as pure as you think. In fact, 75-80% of oil sold in the U.S. does not meet legal grades for extra-virgin olive oil.

How can you ensure that you're getting what you're paying for?

1. Review the label closely. Was the oil produced in Italy? If so, where? *Cities like Sicily or Puglia are known for producing olive oil.*
2. Purchase it online directly from Italian producers (Lucia Ianotta, Nicolo Clemenza).
3. Another option is to purchase EVOO from California. *California oil can be pressed and shipped more quickly, ensuring a fresher batch of oil.*

A word to the wise: “If you’re paying seven bucks or eight bucks for a bottle of Italian extra-virgin olive oil, it’s probably not Italian extra-virgin.”

[Source: CBS News](#)

February is heart month

Uncontrolled blood pressure is a leading cause of heart disease. This American Heart Month, make it your goal to get to know your blood pressure and get it under control!

People with high blood pressure are three times more likely to die from heart disease than those with normal blood pressure. Many times, high blood pressure has no signs or symptoms, which is why having it checked often is so important. The first step in maintaining your blood pressure is to speak with your doctor about where your blood pressure should be. Other ways include:

- Taking your blood pressure medicine as directed;
- Quit smoking; and
- Reduce sodium intake.

[Additional suggestions](#) are available at: www.cdc.gov/features/heartmonth.

Million Hearts

The Centers for Disease Control and Prevention (CDC) created this effort to prevent one million heart attacks (and strokes) in the United States by 2017.

Their website provides tools, advice and healthy recipes to assist you with making and keeping your goal heart healthy goal.

[Additional information](#) is available at: millionhearts.hhs.gov.

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