

Tips to reduce robocalls

Robocalls and unwanted calls from telemarketers are consistently a top complaint received by the Federal Communications Commission (FCC) year-after-year. The Federal Trade Commission (FTC) has formed a Robocall Strike Force to work on this growing problem. While there is no quick fix, there are a few things you can do to reduce your exposure until a permanent solution is available.

1) Check the Do Not Call registry

Verify that your number is on the registry or add phone numbers by visiting www.donotcall.gov or calling 1-888-382-1222 from the phone you want to register.

2) Contact your telephone provider

Some telephone companies offer call screening or call blocking products. These products may be included in your monthly price or available for an additional fee.

3) Add an app

After-market applications are helping slow the increasing number of telemarketing calls including Nomorobo (www.nomorobo.com) and Truecaller (www.truecaller.com). These products are available for cell phones, VOIP phones and are working on expanding to landline telephones. There are free options as well as more comprehensive plans with a monthly charge.

4) Report unwanted calls

Complaints may also be filed with several agencies and associations:

- Federal Communications Commission – 1-888-CALL-FCC (1-888-225-5322)
- Federal Trade Commission – 1-877-FTC-HELP (1-877-382-4357)
- AARP Fraud Watch – 877-908-3360

For more technology tips and information, please visit our website (www.maine.gov/meopa) or call 624-3687 to request the latest version of our Ratewatcher Telecom Guide.

The 2019 Ratewatcher issue will be available this spring. Please contact us if you would like to be added to our mailing list.