

Benefits Scams and AI

Year-end benefits enrollment is a busy time for employees—and an opportunity for scammers armed with the latest AI tools.

What

Criminals are using AI to create realistic emails, texts, and phone scripts designed to trick you.

Verity

Always verify benefit-related messages directly with HR. Never assume.

How

They mimic your HR department's tone, use company logos, and reference real benefit deadlines.

Review

Check sender address for changes indicating fake domains. Hover over links for the true address.

Why

Scammers fool you into logging in, then collect user names and passwords, or deploy malware.

Report

Report suspicious messages to your supervisor or security team immediately. Don't ignore.

