



What You Can Do Online

www.socialsecurity.gov

APPLY FOR BENEFITS

Apply for Social Security retirement/spouse's benefits	www.socialsecurity.gov/applyforbenefits
Apply for Social Security disability benefits	www.socialsecurity.gov/applyfordisability
Apply for Medicare	www.socialsecurity.gov/medicareonly
Apply for Extra Help with your Medicare prescription drug costs	www.socialsecurity.gov/i1020

ESTIMATE YOUR FUTURE BENEFITS

Create a my Social Security account to get your <i>Social Security Statement</i> : • Check your earnings record; and • See estimates of your potential benefit amounts.	www.socialsecurity.gov/myaccount
Get your retirement benefit estimate	www.socialsecurity.gov/estimator
Use our benefit planners to calculate your retirement, disability, and survivors benefits	www.socialsecurity.gov/planners

IF YOU GET BENEFITS

Create a my Social Security account and: • Get your benefit verification letter; • Check your benefit and payment information and your earnings record; • Change your address and phone number; and • Start or change direct deposit of your benefit payment.	www.socialsecurity.gov/myaccount
Get a form SSA-1099/1042 (<i>Social Security Benefit Statement</i>)	www.socialsecurity.gov/1099
Get a replacement Medicare card	www.socialsecurity.gov/medicarecard

Find answers to frequently asked questions at
www.socialsecurity.gov/faq



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my Social Security

How to Create an Online Account

You can create a *my* Social Security account to access your *Social Security Statement* to check your earnings and get your benefit estimates.

If you receive benefits, you can also:

- Get your benefit verification letter;
- Change your address and phone number;
- Start or change your direct deposit;
- Request a replacement Medicare card; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

Even if you do not currently receive benefits, you can:

- Check the status of your application or appeal.
- Get a benefit verification letter stating that you:
 - never received Social Security benefits, Supplemental Security Income (SSI) or Medicare; or
 - received benefits in the past, but do not currently receive them (The letter will include the date your benefits stopped and how much you received that year.); or
 - applied for benefits but haven't received an answer yet.

You may be able to use your free *my* Social Security account at **www.socialsecurity.gov/myaccount** to request a replacement Social Security card online, as long as you live in one of the participating states or the District of Columbia, are not requesting a name change or any other change to your card, and you meet other requirements.

There is no fee to create a *my* Social Security account, but you must have an email address. See other side for instructions on setting up an account using an activation code.

Email account set up

There are many options available to set up an email address and it can be done in as little as five minutes. Each email provider has its own criteria for setting up an account and you must accept the provider's terms of use agreement. Some examples of free email providers include:

AOL: aolmail.com

Gmail: gmail.com

iCloud Mail (Apple): icloud.com

Outlook: outlook.com

Yahoo: yahoo.com

**This is not a complete list of email providers. Social Security is not endorsing any of these particular email account provider(s), as you may use other email account providers as appropriate.*

NOTE: *Even if you do not use email on the computer, if you have a smart phone it is likely that you already have an email account. Contact your cell phone service provider to find out.*

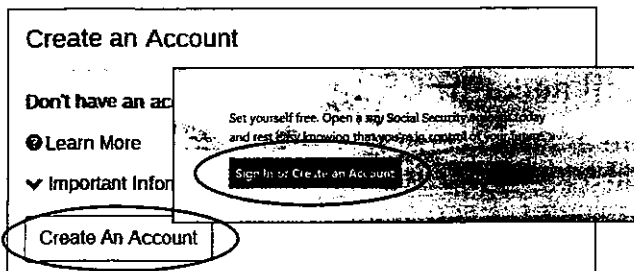
Setting up your own *my* Social Security account

After you have a valid email address, you are ready to set up your own *my* Social Security account. To set up your account, visit **www.socialsecurity.gov/myaccount** then follow the steps on the back of this page:

Select "Sign In or Create an Account"

To create a *my* Social Security account, you must be at least 18 years old and have:

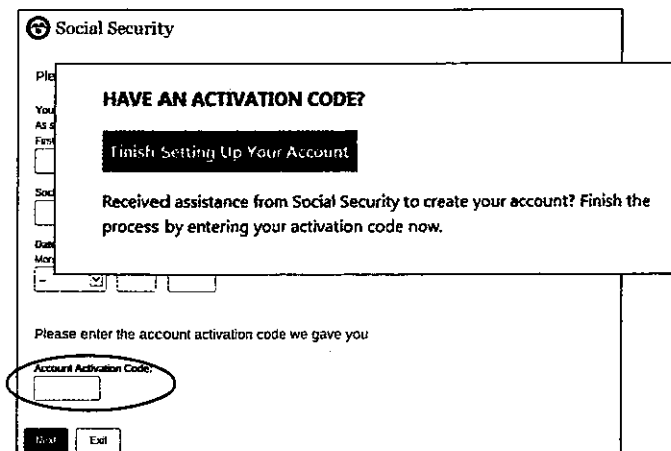
- A valid email address;
- A Social Security number; and
- A U.S. mailing address.



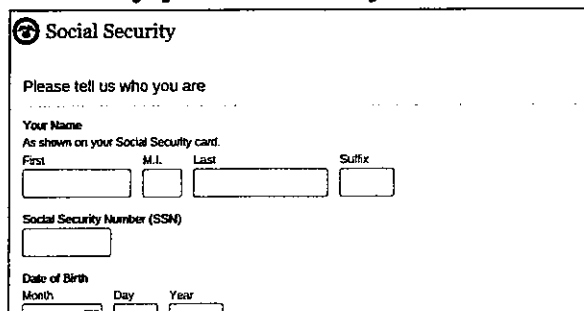
Using your activation code to create your account

You may have been given a letter with an activation code to complete the creation of your *my* Social Security account.

- Select "Finish Setting Up Your Account" and enter the information requested, including the account activation code we gave you.

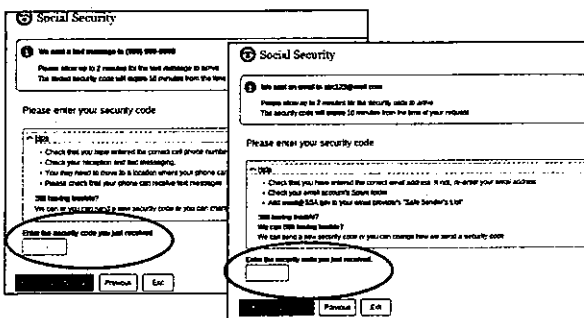
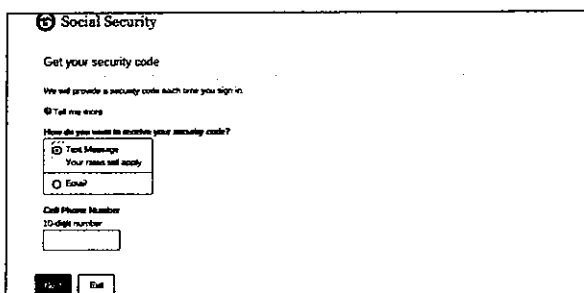


Provide some personal information to verify your identity



Choose a username and password

- Then, select how you would like to receive a one-time security code by providing the email address you registered or text-enabled cell phone number. You'll then receive a security code via text or email that you will need to enter within 10 minutes to finish creating your account.



NOTE: We'll send a one-time security code to your cell phone or to your email address each time you sign in with your username and password. The security code is part of our enhanced security feature to protect your personal information. Keep in mind that your cell phone provider's text message and data rates may apply.



Securing today
and tomorrow

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What You Can Do Online

www.ssa.gov

Apply for benefits

You can apply for many different Social Security benefits at www.ssa.gov/apply. These include:

- Social Security retirement and spouse's benefits.
- Social Security disability benefits (and Supplemental Security Income (SSI) if you apply at the same time and meet other criteria).
- Medicare only and *Extra Help* with Medicare prescription drug costs.

Access your personal *my* Social Security account



www.ssa.gov/myaccount

If you are not receiving benefits, you can:

- Get instant, personalized retirement benefit estimates.
- Get instant estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.
- Check your benefit application status.
- Instantly get your Social Security *Statement* to see disability and survivors benefit estimates and other important information tailored to you.
- Request a replacement Social Security card (in most areas in the U.S. only).

If you are receiving benefits, you can:

- Get an instant benefit verification letter.
- Get an instant replacement Form SSA-1099/SSA-1042 — Social Security Benefit Statement.
- Change your direct deposit (Social Security beneficiaries in the U.S. only).
- Change your address (Social Security beneficiaries only).
- Report wages if you are working and receiving disability benefits or SSI.
- Request a replacement Medicare card.
- Request a replacement Social Security card (in most areas in the U.S. only).

Other things you can do online

- If your application for disability benefits was denied for medical or non-medical reasons, you can request an appeal online or continue working on an appeal you already started.
- You can now access many services online if you live outside of the United States. Learn more about what you can do with your personal *my* Social Security account.
- You can submit forms and evidence to us electronically using *Upload Documents*. This service is available using your safe and secure *my* Social Security account.
- Choose to receive available notices online instead of by mail.

www.ssa.gov/apply/appeal-decision-we-made

www.ssa.gov/foreign

www.ssa.gov/faqs/en/questions/KA-10087.html

www.ssa.gov/myaccount

Contacting Us

There are several ways to contact us including online, by mail, by phone, and in person (by appointment). If you cannot use our online services, we can help you by phone or make an appointment to come into an office when you call our National toll-free 800 Number.

If you don't have access to the internet, we offer many automated services by phone, 24 hours a day, 7 days a week, so you may not need to speak with a representative. Call us toll-free at **1-800-772-1213** or at our TTY number, **1-800-325-0778**, if you're deaf or hard of hearing. We provide free interpreter services upon request. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the day. **We are less busy later in the week (Wednesday to Friday) and later in the month.**



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