

# How Can My Medical Expenses Increase My Food Stamp Benefits?



- Individuals 60 years and older, or disabled, are eligible for medical deductions.
- How do medical deductions work?
  - Medical expenses that add up to more than \$35 per month can be used to decrease your gross income and increase the amount of food stamps you are eligible to receive.
- What are medical expenses?
  - Medical and dental care
  - Hospitalization, outpatient treatment, and nursing home care
  - Prescription drugs and over-the-counter medications prescribed by your doctor
  - Medical supplies and medical equipment prescribed by your doctor (including the cost of renting)
  - Eyeglasses, contact lenses, hearing aids, dentures, and prosthetic devices prescribed by a doctor
  - Health insurance and prescription drug insurance premiums
  - Medicare and Medicare supplement premiums
  - Transportation and lodging to get medical treatment (such as trips to the doctor, dentist, pharmacy for prescriptions, etc.)
    - This includes the cost of mileage, parking, bus, taxi, etc.
  - Maintaining a homemaker, home health aide, child care services, or a housekeeper that is necessary because of your age, health condition, or illness
  - Cost of telephone equipment specially designed for a disabled person
- If you have any of these medical expenses and they total more than \$35 a month, put them on your food stamp application to receive medical deductions.
- You will have to provide verification of these expenses in order to get a medical deduction. Examples of acceptable verification for these expenses include insurance statements, medical bills, and receipts with prescriptions.