



Health Insurance Costs

You can claim and prove your health insurance premiums and any deductibles you have paid.



Medical Costs Not Reimbursed by Insurance

You can claim and verify your costs for doctor/clinic visits, dental care, physical therapy, emergency room, hospitalization or outpatient care.



Prescription Drugs

You can claim and prove direct payments or co-pays for prescription drugs, as well as postal fees for prescription drugs.



Over-the-Counter Medicines Prescribed by a Health Care Provider

You can claim and submit receipts for prescribed medications, such as pain relievers, antacids, vitamins, insulin, and herbal supplements.



Health Related Supplies Prescribed by a Health Care Provider

You can claim and provide proof of prescribed health care supplies such as adult diapers, dentures, eyeglasses, contacts, foot care supplies, and hearing aids/batteries.

Health Equipment

You can claim and prove costs for sick room equipment, wheelchair or mobility aids, prosthetics, personal emergency response system, and communication equipment for the hearing or visually impaired.



Car Mileage and Public Transportation Costs



You can claim and document mileage for use of your car or cost of bus, subway, or taxi to a medical appointment or to a pharmacy.



Home Health Care Costs

You can claim and prove costs for home health care or housekeeping services due to your age or illness.



Alternative Medical Treatments

You can claim and submit bills for prescribed treatments such as chiropractic, acupuncture, or massage.



Service Animal Expenses

You can claim and prove the cost for service animals, including veterinary bills and food supplies.

Frequently Asked Questions

Who can claim medical expenses?

Anyone in your household who is age 60 or older *OR* disabled and pays medical expenses greater than \$35.00 per month.

What type of proofs are needed?

You give us receipts or bills to show a household member has incurred an allowable medical expense.

Which medical expenses can be claimed?

Certain medical costs are allowed as a deduction from income when calculating food stamp benefits. This brochure details medical expenses that you can claim.

Do I have to verify medical expenses each time I recertify for food stamp benefits?

If your regular *monthly* medical expenses have remained the same since you initially verified them, you will not have to submit medical bills and receipts at your recertification. However, if your medical expenses have increased or decreased you should tell your DTA caseworker at recertification about the change. Your DTA caseworker will tell you if the change must be verified.

Food Stamp Program rules give you the right to claim allowable medical expenses. Verified medical costs (*over \$35.00*) will be deducted from your countable income so you may get more food stamps.

Under a new rule, you may be eligible to receive a Standard Medical Deduction. If your regular *monthly* medical costs are greater than \$35.00, you may show your DTA caseworker your bills or receipts to get higher food stamp benefits using the \$90.00 Standard Medical Deduction. Based on a household size of one this deduction could add up to \$30 per month to your food stamp benefits.

If your regular *monthly* medical costs are over \$125.00, you may show your DTA caseworker your bills or receipts to get a medical deduction higher than the \$90.00 Standard Medical Deduction.

Ask your DTA case worker if you have any questions about allowable medical expenses. Your DTA case worker can also help you to get proof of your allowable medical costs.

A one-time medical bill or receipt, *such as a bill for a hospital stay, hearing aid or wheelchair purchase*, could also be verified for higher food stamp benefits. Be sure to talk to your DTA case worker if you have a one-time medical expense.

Claiming and Verifying Medical Expenses May Increase Your Food Budget



A MESSAGE FROM THE
DEPARTMENT OF
TRANSITIONAL ASSISTANCE

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