With **Social Security Video Connect**, you'll have a personal experience without having to visit an office.¹ You can connect with a Social Security representative over video to handle your business with us. This includes:

- Social Security and Supplemental Security Income benefit applications.
- Overpayments.
- Medicare.
- Supplemental Security Income redeterminations.
- U.S. citizen no-change replacement Social Security cards.
- U.S. citizen date of birth corrections.

¹ Some requests may require an in-person interview.

**Just follow these simple steps:**

1. **Contact your local Social Security office or call 1-800-772-1213 between 8:00 a.m. – 7:00 p.m., Monday through Friday, to request a video appointment.**

2. **A Social Security representative will determine if a video appointment is an appropriate option, based on the service you request. Note, you must have a device with a web camera and internet access to use Social Security Video Connect.**

3. **If you are eligible for a video appointment, you will need to provide your email address.**

4. **Your local office will send you an email with a link for a Microsoft (MS) Teams video appointment.**

5. **On the date and time of your appointment, you will connect with us using the link provided.**

6. **If you need to reschedule or experience any issues with the link, contact your local office for assistance, or call 1-800-772-1213 between 8:00 a.m. – 7:00 p.m., Monday through Friday.**

If you are not eligible for a video appointment, you can still conduct some business online or schedule a telephone or in-office appointment.