Get Your Benefit Verification Online with *my* Social Security

Social Security is with you throughout life’s journey, providing tools and information to help secure today and tomorrow for you and your family. Our online services allow you to do business with us from the comfort of your preferred location at your convenience. You can get the up-to-date information you need online without sitting in traffic or waiting in lines or on the phone.

There may come a time, like when applying for a mortgage, loan, or housing, when you need proof of your retirement, disability, Supplemental Security Income (SSI), or Medicare benefits. We can provide you with a benefit verification letter, sometimes called a “budget letter,” a “benefits letter,” a “proof of income letter,” or a “proof of award letter.” You may also need proof that you have never received Social Security benefits or SSI or proof that you have applied for benefits.

You can get a benefit verification letter online instantly by using your personal *my* Social Security account. If you don’t have an account, you can create one today. It’s easy, convenient and secure. To set up your account, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and select, “Sign In or Create an Account.” You will need to provide some personal information to verify your identity, choose a username and password, and follow the rest of the steps to finish creating your account.

Once you create your account, you can instantly view, save, or print your official Benefit Verification Letter. It only takes a few minutes. Because protecting you and your identity is important, we use strict identity verification and security features. Your information is secure with us.

With your personal *my* Social Security account, you can do a lot more. If you receive benefits, you can:

- Check your benefit and payment information and your earnings record.
- Change your address and phone number.
- Start or change direct deposit of your benefit payment.
- Request a replacement Medicare card.
- Get a replacement SSA-1099 or SSA-1042S for tax season.

If you do not receive benefits, you can:

- Check the status of your application or appeal.
- Get your *Social Security Statement*, to review estimates of your future retirement, disability, and survivors benefits.
- View your earnings to verify the amounts that we posted are correct. You can also see the estimated Social Security and Medicare taxes you’ve paid.

In most states, you can also use your personal *my* Social Security account to request a replacement Social Security card, as long as you meet certain requirements. Visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to learn about those today.

Your personal *my* Social Security account is the fastest, most efficient way to get your Benefit Verification Letter.
Contacting Social Security

The most convenient way to contact us from anywhere, on any device, is to visit www.ssa.gov. There are several things you can do online: apply for benefits; get useful information; find publications; and get answers to frequently asked questions.

When you open a my Social Security account, you have more capabilities. You can review your Social Security Statement, verify your earnings, and print a benefit verification letter. You can also change your direct deposit information, request a replacement Medicare card, request a replacement Social Security card (if you have no changes and your state participates), and get a replacement SSA-1099/1042S.

If you don’t have access to the internet, we offer many automated services by telephone, 24 hours a day, 7 days a week. 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.

A member of our staff can answer your call from 7 a.m. to 7 p.m., Monday through Friday, if you need to speak to a person. We ask for your patience during busy periods since you may experience a high rate of busy signals and longer hold times to speak to us. We look forward to serving you.