



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.**



Securing today
and tomorrow

Social Security Administration
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