

## Frequently Asked Questions

### Who can claim medical expenses?

Anyone who is aged 60 or older OR disabled and pays medical expenses of more than \$35 per month.

### What type of proof is needed?

The County Assistance Office (CAO) will need receipts or bills to show your medical expenses. Expenses must be verified to receive credit for them. If you need help getting proof of your expenses, talk to us or your local CAO.

### Which medical expenses can be claimed?

Certain medical costs can reduce your income in the SNAP calculation. This brochure tells you what medical expenses you can claim.

### Do I have to verify medical expenses each time I recertify for SNAP benefits?

If your regular *monthly* medical expenses have not changed since you verified them, you do not have to verify them again at your recertification. However, if your medical expenses have changed since, you must tell your CAO at the time of recertification. Your CAO will tell you if the change must be verified.

SNAP rules give you the right to claim allowable medical expenses. Verified medical costs (over \$35) will be deducted from your countable income so you may get more SNAP Benefits.

If your regular medical costs are between \$35.01 and \$190 each month, you may be eligible for the Standard Medical Deduction. Based on a household of one, this deduction could add up to \$30 per month to your SNAP Benefits.

If your regular medical costs are \$190.01+ each month, you may be eligible for a higher deduction from your income.

Ask us or your local CAO if you have any questions about allowable medical expenses. We and your CAO should also be able to help you get proof of your allowable medical costs.

A one-time medical costs, *such as a bill for a hospital stay, hearing aid, or wheelchair*, may also be used for the medical expense deduction. Be sure to let us know and talk to your CAO if you have a one-time medical expense.



[www.TapestryOfHealth.org](http://www.TapestryOfHealth.org)

1-833-834-2900



**How Claiming and  
Verifying Medical  
Expenses May  
Increase Your  
SNAP Benefits**

A message from the Family Health Council  
of Central PA – SNAP Outreach Program

## What medical expenses can be used?



### Health Insurance Costs

You can claim your health insurance costs, both your premiums and deductibles.



### Medical Costs Not Reimbursed by Insurance

You can claim your costs for doctor/clinic visits, dental care, physical therapy, emergency room, hospitalization, or outpatient care that is not by for by insurance.



### Prescription Drugs

You can claim out of pocket costs for prescription drugs, as well as postal fees for mail ordered prescription drugs.

### Over-the-Counter Medicines

You can claim medications, such as pain relievers, antacids, vitamins, insulin, and herbal supplements that your healthcare provider tells you to take.



### Health Related Supplies

You can claim health care supplies such as adult diapers, dentures, foot care supplies, hearing aids/batteries, prescription eyeglasses, and contact lenses.



### Health Equipment

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

### Car Mileage and Public Transportation Costs



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



### Home Health Care Costs

You can claim costs for home health care, adult day care, or housekeeping services due to your age or illness.



### Alternative Medical Treatments

You can claim costs for prescribed treatments such as chiropractic, acupuncture, or massage.



### Service Animal Expenses

You can claim costs for service animals, including veterinary bills and food supplies.

You can bring your verified medical expenses to our local offices to be copied, scanned, or faxed, or email them to your local SNAP Outreach Educator to forward to your local CAO.

OR

You can send **copies** of your verified medical expenses directly to your CAO with your name, W#, and SSN on *each document*.