

SNAP

Medical deductions for elderly & disabled Missourians



How can my medical expenses help me get the maximum SNAP benefit?

If you are elderly or disabled, you may be eligible to deduct certain out-of-pocket medical expenses from your income when applying for the Supplemental Nutrition Assistance Program (SNAP) to help you get the maximum monthly benefit amount.

Eligible expenses must be more than \$35 a month and *can* include:

- Most medical and dental expenses
- Doctor approved prescription drugs and over-the-counter medication
- Dentures, eyeglasses, contact lenses, hearing aids or prosthetics
- Inpatient and outpatient hospital expenses
- Nursing or attendant care
- Certain transportation or lodging costs
- Health insurance premiums or Spend Down
- Service animal care costs

Who is eligible?

You may be eligible to deduct your medical expenses if you:

- Are elderly (age 60 or over) **or** disabled
- Have more than \$35 in certain medical expenses each month

How do I apply?

To apply for SNAP benefits, you can:

- Visit mydss.mo.gov/apply
- Call **855-FSD-INFO (855-373-4636)**
- Visit your local **FSD Resource Center**

How do I report my medical expenses?

To report your medical expenses, send us receipts of your medical expenses by:

- **Online:** myDSSupload.mo.gov
- **Fax:** 573-526-9400
- **Mail:** Family Support Division, PO Box 2700, Jefferson City, MO 65102

The Missouri Department of Social Services is an equal opportunity provider.



Discrimination & Civil Rights

In accordance with federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Programs that receive federal financial assistance from the U.S. Department of Health and Human Services (HHS), such as Temporary Assistance for Needy Families (TANF), and programs HHS directly operates are also prohibited from discrimination under federal civil rights laws and HHS regulations.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or who have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

USDA provides federal financial assistance for many food security and hunger reduction programs such as the Supplemental Nutrition Assistance Program (SNAP), the Food Distribution Program on Indian Reservations (FDPIR) and others. To file a program complaint of discrimination, complete the Program Discrimination Complaint Form, (AD-3027) found online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

1. mail: Food and Nutrition Service, USDA | 1320 Braddock Place, Room 334 | Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. phone: **(833) 620-1071**; or
4. email: FNSCIVILRIGHTSCOMPLAINTS@usda.gov

For any other information regarding SNAP issues, persons should either contact the USDA SNAP hotline number at **(800) 221-5689**, which is also in Spanish, or call the state information/hotline numbers (click the link for a listing of hotline numbers by state); found online at: SNAP hotline.

HHS provides federal financial assistance for many programs to enhance health and well-being, including TANF, Head Start, the Low Income Home Energy Assistance Program (LIHEAP), and others. If you believe that you have been discriminated against because of your race, color, national origin, disability, age, sex (including pregnancy, sexual orientation, and gender identity), or religion in programs or activities that HHS directly operates or to which HHS provides federal financial assistance, you may file a complaint with the Office for Civil Rights (OCR) for yourself or for someone else.

To file a complaint of discrimination for yourself or someone else regarding a program receiving federal financial assistance through HHS, complete the form on line through OCR's Complaint Portal at <https://ocrportal.hhs.gov/ocr/>. You may also contact OCR via mail at: Centralized Case Management Operations, U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Room 509F HHH Bldg., Washington, D.C. 20201; fax: (202) 619-3818; or email: OCRmail@hhs.gov. For faster processing, we encourage you to use the OCR online portal to file complaints rather than filing via mail. Persons who need assistance with filing a civil rights complaint can email OCR at OCRMail@hhs.gov or call OCR toll-free at **1-800-368-1019**, TDD 1-800-537-7697. For persons who are deaf, hard of hearing, or have speech difficulties, please dial 7-1-1 to access telecommunications relay services. We also provide alternative formats (such as Braille and large print), auxiliary aids and language assistance services free of charge for filing a complaint.

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