
Frequently Asked Questions

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How can I get a benefit verification letter?

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If you need proof you get Social Security benefits, Supplemental Security (SSI) Income or Medicare, you can request a benefit verification letter online by using your *my* Social Security account. This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter."

You can also request proof that you have never received Social Security benefits or Supplemental Security Income or proof that you have applied for benefits.

To set up or use your account to get a benefit verification letter, go to *Sign In Or Create An Account*.

You cannot request a benefit verification letter online for another person, such as a spouse or child.

If you can't or don't want to use your online account, or you need a letter for someone other than yourself, you can call us at **1-800-772-1213** (TTY **1-800-325-0778**), Monday through Friday from 7 a.m. to 7 p.m.

See Definition: *my* Social Security-Benefit Verification Letter for more information.