



**What medical expenses are allowed?  
Probably more than you would think!  
Deductible expenses include:**

- Medicare premiums, including premiums for Part D, Advantage Plans, or Supplement/Medigap Plans
- Medical and dental healthcare treatment, including psychotherapy and rehabilitation services
- Hospitalization and outpatient treatment
- Prescription and OTC drugs
- Transportation and lodging costs needed for treatment
- Dentures, glasses, hearing aids, and prosthetics
- Medical supplies and prescribed durable medical equipment
- Home health aides, personal care attendants, visiting nurses, or housekeepers needed due to age or illness
- Maintenance costs for service animals
- Unpaid medical bills (bills cannot be counted more than once)

# SNAP MEDICAL DEDUCTIONS

## YOUR MEDICAL EXPENSES CAN INCREASE YOUR SNAP BENEFITS

Report your medical expenses to the SNAP office, and if eligible you may qualify for higher SNAP benefits.

**Who is eligible for the medical expense deduction?** Seniors and adults with disabilities qualifies them for Social Security Disability, SSI, Veterans Disability, or other permanent disability benefit can deduct out-of-pocket medical expenses over \$35/month from their gross income.

**How do I get the medical deduction?** If you don't currently get SNAP, note your medical expenses on your SNAP application. If you already get SNAP, contact your caseworker or call the Family Assistance Hotline: 866-311-4287. You will need to provide DHS with documentation for the expenses. This could be receipts, bills, or Social Security Benefit Statements (for automatically deducted premiums). For recurring expenses that may fluctuate from month-to-month—like prescription co-pays—your SNAP office may want up to 3 months of receipts for verification.

**Contact TJC if you are denied medical expense deductions in your SNAP application: 877 608-1009**

# SNAP MEDICAL EXPENSE DEDUCTION WORKSHEET

If you are eligible for the SNAP medical deduction due to age or disability, you can use this worksheet to help estimate your monthly medical expenses. Recurring expenses, like premium payments or prescription costs, are probably paid in monthly increments. Insert the total monthly cost into the worksheet. For one-time expenses or lump sum medical bills, the expense can either 1) be considered in full as a one-time deduction for one month or 2) be divided over the remainder of the certification period (12 months if reported at the time of application)\*. You may want to discuss these options with a SNAP caseworker to determine which would be best for your household. After dividing, enter the amount into the worksheet and add up all expenses to find the total monthly deduction.

*\*For households where all members are 60 or older and/or disabled, the certification period is 24 months. For these households, you may have additional options for pro-rating one-time expenses.*



Medical and dental care (including psychotherapy and rehabilitation)	\$	<input type="text"/>
Hospitalization and outpatient treatment, including nursing home care	\$	<input type="text"/>
Prescription and over-the-counter medications approved by a licensed practitioner	\$	<input type="text"/>
Premiums and spend-down amounts for health insurance (for Medicare Supplements, Advantage Plans, Part D Plans, etc.)	\$	<input type="text"/>
Eyeglasses/contact lenses, hearing aids, dentures, and prosthetics	\$	<input type="text"/>
Other approved medical supplies and equipment (wheelchairs, CPAP machines, oxygen, blood glucose monitors and test strips, etc.)	\$	<input type="text"/>
Home health aids, personal care attendants, child care services and housekeepers needed due to age or illness	\$	<input type="text"/>
Transportation and lodging needed to obtain medical care (If you drive your own vehicle to treatment, use the IRS Medical Mileage Rate: 20 cents per mile in 2019)	\$	<input type="text"/>
Impairment related needs (cost of maintenance and training for service animals, typewriters for the deaf, etc.)	\$	<input type="text"/>
Unpaid medical bills	\$	<input type="text"/>
Add together all of the above:	\$	<input type="text"/>
Subtract \$35	\$	<input type="text"/>
Total Medical Expense Deduction:	\$	<input type="text"/>