



# Medical Expense Information and Mileage Self-Declaration Form

## Your SNAP may go up if you tell us about medical expenses

### Who can claim medical expenses?

Anyone age 60 or older or certified disabled by federal government standards.

### How can medical expenses increase my SNAP benefits?

SNAP benefits are based on your household's income and certain living expenses. Reporting and verifying medical expenses of more than \$35 per month allows you to get a deduction to your countable income. SNAP benefits will not change if you already get the maximum SNAP amount.

### What types of medical expenses count?

We count the medical expenses that you are responsible for - such as a hospital or dental bills - even if you have not paid them yet. But we cannot count costs that are reimbursed by insurance. Below are some examples:

- **Insurance Premiums:** Basic Health, Drug, Dental, Vision, Medicare
- **Medical Supplies such as:** Hearing aids/batteries, Contact lenses, Glasses, Diabetes supplies, Adhesives, Wheelchair, Walker, Prosthetics, Crutches, Dentures, Communication equipment
- **Pharmacy:** Prescriptions, Over-the-counter drugs, Wound care supplies, Adult diapers, Vitamins/herbal health remedies
- **Co-payments:** Doctor, Hospital, Dentist, Physical Therapy, Chiropractor, Mental health services, Medical procedure
- **Transportation Costs:** Mileage by car\*, Taxi, Uber/Lyft, Public transportation/The Ride, Parking, Tolls
- **Other Health Costs:** Home health or adult day care, Gym membership, Acupuncture/alternative medicine, Service animal costs, Housekeeping

**Do I have to submit proof of medical expenses?**

Yes, you must. Proof may include a copy of medical bills, receipts for out-of-pocket expenses, a printout from the pharmacy, receipts from The Ride, Uber, or Lyft.

Tell us how often you pay for each cost. Example: Tell us if a medical expense was only one-time (such as a medical procedure) or if you pay for it weekly, monthly or annually (such as vitamins or medications).

\*If you drive yourself to your appointments and/or to the pharmacy, fill out the bottom of this form to self-declare your mileage costs.

**How can I send proof of my medical expenses to DTA?**

- **Online:** [DTAConnect.com](https://DTAConnect.com) or DTA Connect Mobile App
- **Mail:** DTA Processing Center, P.O. Box 4406, Taunton, MA 02780
- **Fax:** 617-887-8765
- **In person:** Scan at a local DTA office

**What if I have questions?** Call DTA at 877-382-2363 or if you are 60 or older, call the Senior Assistance Office at 833-712-8027.

## Mileage Self-Declaration

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Name of Household Member

| Address of Medical Provider | Number of Trips per Week |            |
|-----------------------------|--------------------------|------------|
|                             | Dropping Off             | Picking Up |
|                             |                          |            |
|                             |                          |            |
|                             |                          |            |
|                             |                          |            |

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We must not discriminate due to race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. If you think that we have discriminated against you, contact 617-348-8555 to find out how to file a complaint.