



What You Can Do Online

www.ssa.gov

Apply for benefits

You can apply for many different Social Security benefits at www.ssa.gov/applyonline.

- Apply for Social Security retirement and spouse's benefits.
- Apply for Social Security disability benefits (and Supplemental Security Income (SSI) if applying at the same time and you meet other criteria).
- Apply for Medicare only and *Extra Help* with Medicare prescription drug costs.

Access your personal *my* Social Security account

www.ssa.gov/myaccount

If you are not receiving benefits:

- Get instant personalized, retirement benefit estimates.
- Get instant estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.
- Check your benefit application status.
- Instantly get your *Social Security Statement* to see disability and survivors benefit estimate and other important information tailored to you.
- Request a replacement Social Security card.

If you are receiving benefits:

- Get an instant benefit verification letter.
- Instantly get a Social Security 1099 (SSA-1099) form.
- Set up or change direct deposit.
- Change your address.
- Opt out of mailed notices for those available online.
- Report wages if you are working and receiving disability benefits or SSI.
- Request a replacement Social Security or Medicare card.

Other things you can do online

- You may be able to repay an overpayment debt online in full or with partial payments.
- If your application for disability benefits was denied for medical or non-medical reasons, you can request an appeal online or continue working on an appeal you already started.
- Tell us you want to apply for SSI and we can schedule an appointment to help you.

www.ssa.gov/overpayments

www.ssa.gov/benefits/disability/appeal.html

www.ssa.gov/benefits/ssi

Contacting Us

The most convenient way to do business with us is to visit www.ssa.gov to get information and use our online services.

You can call us toll-free at **1-800-772-1213** or at **1-800-325-0778** (TTY) if you're deaf or hard of hearing. We provide free interpreter services upon request. We can answer your call from 8 a.m. to 7 p.m., weekdays. You can also use our automated services via telephone, 24 hours a day.



Securing today
and tomorrow

SSA.gov |     

Social Security Administration
Publication No. 05-10121
April 2022 (Recycle prior editions)
What You Can Do Online
Produced and published at U.S. taxpayer expense