



# Get Your Benefit Verification Online with *my* Social Security

Social Security is with you throughout life's journey, providing tools and information to help secure today and tomorrow for you and your family. Our online services allow you to do business with us from the comfort of your preferred location at your convenience. You can get up-to-date information without sitting in traffic or waiting in lines or on the phone.

There may come a time, like when applying for a mortgage, loan, or housing, when you need proof of your retirement, disability, Supplemental Security Income (SSI), or Medicare benefits. We can provide you with a benefit verification letter, sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You may also need proof that you have never received Social Security benefits or SSI or proof that you have applied for benefits.

You can get a benefit verification letter online instantly by using your personal *my* Social Security account. If you don't have an account, you can create one at any time. It's easy, convenient, and secure. To set up your account, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and select, "Create an Account."

Because protecting you and your identity is important, we use strict identity verification and security features. You can use one of two credential service providers to verify your identity: **Login.gov** or **ID.me**.

For **Login.gov**:

- Select "Sign in with **Login.gov**."
- Select "Create an account."
- Follow the rest of the steps.

For **ID.me**:

- Select "Sign in with **ID.me**."
- Select "Create an **ID.me** account."
- Follow the rest of the steps.

Note:

- If you already have a **Login.gov** or **ID.me** account, you can select the appropriate button to sign in and access your personal *my* Social Security account.
- Customers who have a foreign address can register and sign in with **ID.me** to access their personal *my* Social Security account.

Once you create your account, you can instantly view, save, or print your official benefit verification letter.

With your personal *my* Social Security account, you can do a lot more. If you receive benefits, you can:

- Check your benefit and payment information and your earnings record.
- Change your address and phone number. (Social Security beneficiaries in the U.S. only)
- Change direct deposit of your benefit payment. (Social Security beneficiaries in the U.S. only)
- Request a replacement Medicare card.
- Get a replacement SSA-1099 or SSA-1042S for tax season.

If you do not receive benefits, you can:

- Check the status of your application or appeal.
- Get your *Social Security Statement* to review estimates of your future retirement, disability, and survivors benefits.
- View your earnings to verify the amounts that we posted are correct.
- See the estimated Social Security and Medicare taxes you've paid.

In most areas of the U.S., you can also use your personal *my* Social Security account to request a replacement Social Security card, as long as you meet certain requirements.

Your personal *my* Social Security account is the fastest, most efficient way to get your benefit verification letter.

## Contacting Us

The most convenient way to do business with us is to visit [www.ssa.gov](http://www.ssa.gov) to get information and use our online services. There are several things you can do online: apply for most types of benefits; start or complete your request for an original or replacement Social Security card; find publications; and get answers to frequently asked questions.

If you don't have access to the internet, we offer many automated services by telephone, 24 hours a day, 7 days a week, so you may not need to speak with a representative.

If you need to speak with someone, call us toll-free at **1-800-772-1213** or at our TTY number, **1-800-325-0778**, if you're deaf or hard of hearing. A member of our staff can answer your call from 8 a.m. to 7 p.m., Monday through Friday. We provide free interpreter services upon request. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the day. **We are less busy later in the week (Wednesday to Friday) and later in the month.**

If you live outside of the United States, visit the Social Security Office of Earnings & International Operations page to find the office that serves your country of residence.



Securing today  
and tomorrow

Social Security Administration  
Publication No. 05-10056  
September 2023 (Recycle prior editions)  
Get Your Benefit Verification Online with *my* Social Security  
Produced and published at U.S. taxpayer expense