

## Your SNAP Benefits May Increase

### PROVIDE PROOF OF YOUR MEDICAL COSTS

Iowans who provide proof of their medical costs may be eligible for a deduction, which may increase your SNAP benefits.

#### **Who can get a deduction for their medical costs?**

Anyone with a permanent disability or who is age 60 or older.

#### **How can medical costs increase my SNAP benefits?**

SNAP benefits are based on household income and expenses. Claiming medical expenses lowers your countable income by giving you credit. If you already get the maximum SNAP amount, your SNAP benefits will not change.

#### **How much do my medical costs have to be to get the deduction?**

At least \$35.01 per month. You get the same credit if your monthly costs are between \$35.01 and \$160.00. You get a larger credit if they are more than \$160.

#### **What medical costs can be claimed?**

You may get credit even if you have not paid the bills yet, as long as you are responsible to pay for the expenses. Examples are on the back of this page.

#### **What type of proof is needed?**

Receipts or bills are needed to prove most medical costs.

#### **How do I send proof?**

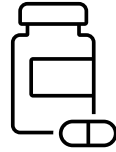
You will get recertification documents in the mail soon. Include proof of your medical costs when you return your documents. If you have questions about the medical expense deduction, call the phone number on your recertification.

# Examples of Eligible Medical Costs

Use this list to help you think about medical costs you may have.

## Medications

- Prescriptions
- Over-the-counter
- Supplements or vitamins

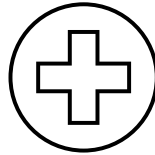


## Service Support Animal

- Veterinary bills
- Animal food
- Pet care supplies

## Insurance Premiums

- Basic health
- Vision
- Dental
- Drug



## Home Health Costs

- Personal care attendant
- Home health aide
- Dependent or Adult daycare

## Medical Equipment

- Wheelchair
- Crutches
- Prosthetics
- Communication equipment
- Walker

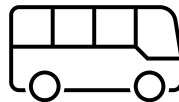


## Alternative Therapy

- Acupuncture
- Chiropractor
- Physical therapy

## Health Related Supplies

- Adult diapers
- Dentures
- Hearing aids and batteries
- Contact lenses
- Eyeglasses



## Transportation\*

- Taxi, Uber or Lyft
- Public transportation
- Parking costs
- Mileage by car

## Co-Payments

- Doctor's office
- Dentist's office
- Hospital



## Other

- One-time medical bills
- Medic alert or Lifeline

\* Transportation expenses must be directly related to a medical appointment.