



# What You Can Do Online

## [www.ssa.gov](http://www.ssa.gov)

### Apply for benefits

You can apply for many different Social Security benefits at [www.ssa.gov/applyonline](http://www.ssa.gov/applyonline). These include:

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

### Access your personal *my* Social Security account

[www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)

#### If you are not receiving benefits, you can:

- 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 estimates and other important information tailored to you.
- Request a replacement Social Security card (in most areas in the U.S. only).
- Opt out of mailed notices for those available online.

#### If you are receiving benefits, you can:

- Get an instant benefit verification letter.
- Get an instant replacement Form SSA-1099/SSA-1042 — Social Security Benefit Statement.
- Change direct deposit (Social Security beneficiaries in the U.S. only).
- Change your address (Social Security beneficiaries in the U.S. only).
- Opt out of mailed notices for those available online.
- Report wages if you are working and receiving disability benefits or SSI.
- Request a replacement Medicare card.
- Request a replacement Social Security card (in most areas in the U.S. only).

### Other things you can do online

- You may be able to pay 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.
- You can now access many services online if you live outside of the United States. Learn more about what you can do with your personal *my* Social Security account.

[www.ssa.gov/overpayments](http://www.ssa.gov/overpayments)

[www.ssa.gov/benefits/disability/appeal.html](http://www.ssa.gov/benefits/disability/appeal.html)

[www.ssa.gov/benefits/ssi](http://www.ssa.gov/benefits/ssi)

[www.ssa.gov/foreign](http://www.ssa.gov/foreign)

## Contacting Us

There are several ways to do business with us including online, by mail, by phone, and in person. If you cannot use our online services, we can help you by phone when you call our national toll-free 800 number.

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. 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. 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.



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and tomorrow

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