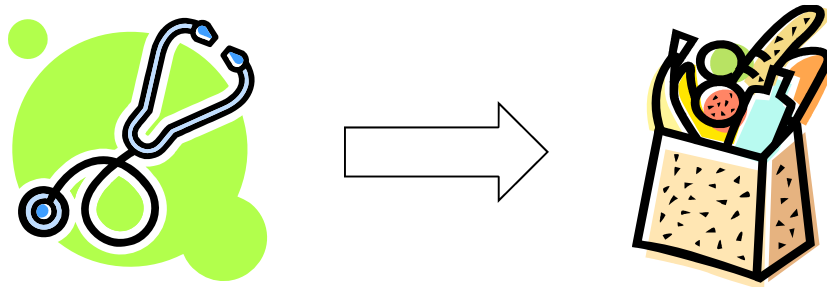


Seniors & People with Disabilities:

Did You Know?



If you have over \$35 a month in medical expenses, you could get a higher food benefit by including your out-of-pocket medical costs on your 3SquaresVT application.

What expenses can I claim?

- Premiums and prescription co-pays
- Over-the-counter medications
- Hearing aids, eye glasses and dentures
- Home health care and medical Lifeline service
- Transportation to and from the doctor's office, dentist, hospital, pharmacy or store
- And much more (see reverse)



Call the Senior Helpline

1-800-642-5119

for information or help with an application

or go to

www.vermontfoodhelp.com



*This message is funded in part by the USDA,
an equal opportunity provider and employer.
12/20/2010*



Medical Expenses

When performed, prescribed or approved by a licensed or certified health provider, allowable expenses are:

Basic Care:

- Medical care
- Dental care
- Psychotherapy
- Rehabilitation
- Hospitalization
- Outpatient care
- Nursing care

Health Insurance:

- Premiums
- Co-payments
- Deductibles
- Pharmacy program premiums, co-payments, deductibles

Drugs:

- Prescription drugs
- Over-the-counter drugs
 - Pain relievers
 - Antacids
 - Hearing aid batteries
 - Vitamins
 - Other...

Equipment:

- Medical supplies
- Sick room equipment
- Dentures
- Hearing aids
- Prosthetics
- Prescribed eyeglasses
- Lifeline (personal emergency response system)
- Adaptive equipment

Services:

- Attendant services
- Homemaker services
- Home health aide
- Housekeeper
- Service animals
 - Securing/maintaining
 - Food
 - Veterinary care

Transportation/lodging to get treatment or services

- Gas at \$.585/mile to the doctor, hospital, dentist, pharmacy or store
- Taxi or bus fare
- Hired transportation
- Other

Other:

- Regular payments on old bills
- One time medical expenses
- Nursing home care if you are responsible for costs for someone who was part of your household before entering a home recognized by the State
- Long-distance medically related phone calls
- Stamps/envelopes to mail medical payments

Other medical cost? Ask about it.

Medical expenses need to be documented. Acceptable documentation includes billing statements, itemized receipts, health insurance policy showing premiums, payment agreement with physician or hospital, receipts or bills for prescribed equipment or medical services, statement from doctor approving use of over-the-counter products, insurance statements, and mileage to providers such as drug store, doctors, dentist or hospital.