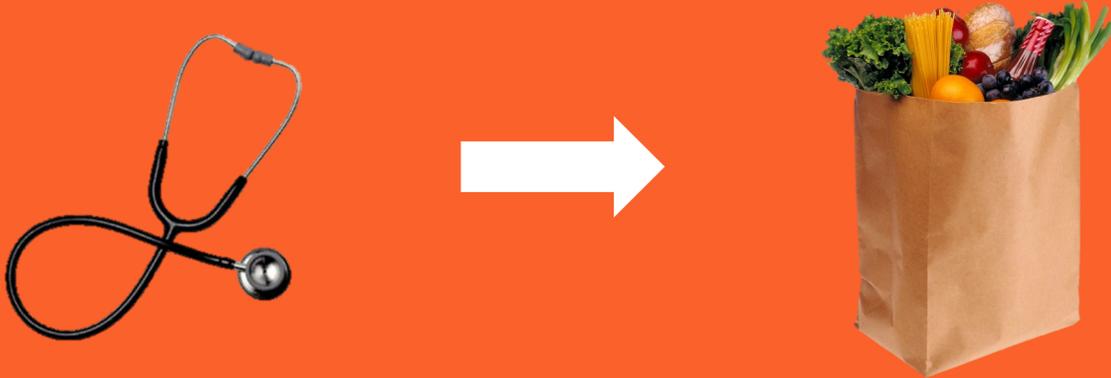


# Claim your medical expenses for a higher 3SquaresVT monthly benefit!



**Vermonters with disabilities and the Deaf who pay over \$35 a month in medical expenses may get a higher food benefit by including out-of-pocket medical costs on their 3SquaresVT application.**

## **What expenses can I claim?**

- Premiums and prescription co-pays
- Over-the-counter medications
- Hearing aids, hearing aid batteries, eye glasses, and prosthetics
- Home health care and personal emergency response system
- Transportation to and from the doctor's office, dentist, hospital, pharmacy or store



*Photo courtesy of Vermont Center for Independent Living*

**Dial 2-1-1 or visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) for information or help with an application.**



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# Medical Expenses

When performed, prescribed, or approved by a health professional, allowable expenses include but are not limited to:

## Basic Care

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

## Equipment

- Medical supplies
- Sick room equipment
- Dentures
- Hearing aids
- Prosthetics
- Prescribed eyeglasses
- Personal emergency response systems
- Adaptive equipment
- CPAP Machines

**If in doubt, ask!**

## Transportation/lodging to get treatment/services

- Mileage to the doctor, hospital, dentist, pharmacy or store
- Taxi or bus fare
- Hired transportation
- Hotel or other lodging

## Health Insurance

- Premiums
- Co-payments
- Deductibles
- Medicare Part B
- Medicare Part D
- VPharm
- Medigap
- Supplemental Insurance

## Drugs

- Prescription drugs
- Over-the-counter drugs (pain relievers, antacids, vitamins, and more)

## Services

- Attendant services
- Homemaker services
- Home health aide
- Housekeeper
- Service animals (securing/maintaining, food, veterinary care)

## Other

- Regular payments on old medical bills
- One-time medical expenses
- Nursing home care
- Long-distance medically related phone calls
- Stamps & envelopes to mail medical payments

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 health professional approving use of over-the-counter products, insurance statements, and mileage to providers such as drug store, doctors, dentist or hospital.



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