

# Do you have medical expenses ?



**They may help you receive a higher 3SquaresVT monthly benefit!**

Older Vermonters 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, eye glasses and dentures
- Home health care and personal emergency response systems
- Transportation to and from the doctor's office, dentist, hospital, pharmacy, or store
- And much more! (see reverse)

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

# Medical Expenses

When performed, prescribed or approved by a health professional, allowable expenses include:

## 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

## Transportation & lodging to get treatment or 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 as recommended by your health professional (pain relievers, antacids, incontinence supplies, vitamins, and more)

## Services

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

**If in doubt,  
ask!**

Medical expenses need to be documented. Acceptable documentation includes billing statements, prescription statement printed by pharmacy, 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.