



SNAP and Medical Expenses: Increase SNAP Benefits for MassHealth Recipients

Persons who are elderly (age 60 or over) or disabled may be able to increase their SNAP (food stamp) benefits by claiming out-of-pocket medical expenses. This is true even if you receive MassHealth (Medicaid) benefits.

What are some of the out-of pocket costs MassHealth recipients incur?

- **Co-payments** for prescription drugs
- **Over-the-counter “medicine chest” items** including:
Pain relief, allergy or cough/cold remedies, skin or eye treatments, incontinence supplies, hearing aid batteries, vitamins, insulin and other health care products recommended by your doctor (but not including special diet food or dietary/nutritional supplements),
- **Dental care** including appointment costs, dentures and dental supplies,
- **Transportation** to doctors, health centers and your drug store:
By car: Mileage, parking and tolls when traveling
Public transportation: including “The Ride” and MBTA

If you have \$35 or more per month in un-reimbursed health care costs—including the above – report these to your SNAP worker. These costs could increase your SNAP if you are getting less than the full SNAP benefit.

What proofs should you give your SNAP case manager?

If you have co-pays for prescriptions—a pharmacy printout of your monthly co-payments, or other proof of what you paid.

If you pay for over-the-counter health supplies—copies of your receipts or a list of items recommended from your provider and information on how much they cost.

Note: DTA does not need to see the names of the drugs you take (you can white them out), but DTA does need the date of purchase and price of the co-payment or item.

If you use your own car— write down your monthly health care visits including the number of round trip miles you drive from your home to your doctor or drug store (use MapQuest or other mileage tracker) Include copies of tolls and parking receipts. DTA allows the federal mileage rate (currently 55.5 cents/mile) as well as tolls and parking.

If you buy a T-pass or you pay for The RIDE— a receipt for your T-Pass if you mainly use your T-pass for healthcare trips to your doctors and the pharmacy. Otherwise, proof of what you spend on buses, taxis or public transportation to get to health care.

Note: Sometimes MassHealth will agree to cover the cost of certain over-the-counter drugs or health supplies prescribed by your doctor or for some of your transport costs. Talk to your MassHealth case manager to learn how this special approval process works and what your doctor needs to do.

If DTA denies your request to increase your SNAP benefits and you think this is incorrect, contact your local Legal Services program. They may be able to advise you on the steps to take to get DTA to fix the problem, or to file an appeal.