



MAXIMIZE YOUR CALFRESH BENEFITS WITH MEDICAL EXPENSES

Contact Information:
calfresh@sdhunger.org



WHY ARE MEDICAL EXPENSES IMPORTANT?

CalFresh benefits are determined using your monthly income and expenses.

Individuals who are **over 60** or **have a disability** are eligible to report their medical expenses.

This may increase your CalFresh benefits!

HOW DO I REPORT MY EXPENSES?

You will only need to provide documentation for \$35 worth of monthly medical expenses.

Eligible documents include:

- Receipts
- Bills
- Pharmacy Print-Outs
- Sworn Statements

You can report medical expenses to the county by:

- uploading documents to [LaterDocs](#)
- Calling Access at (866) 262-9881

ELIGIBLE MEDICAL EXPENSES:

- Health Insurance Premiums, co-payments, and deductibles
 - Includes private insurance and Medicare/Medi-Cal

ELIGIBLE MEDICAL EXPENSES:

- Hospitalization
- Out-patient visits
- Physical, occupational, and mental health therapy
- Acupuncture and Chiropractic care
- Eye care, including:
 - eye exams
 - contacts
 - lens solution
 - eyeglasses
- Dental care, including:
 - dentures
 - dental exams
 - dental cleaning
- Hearing Aids
- Gym Membership and Housekeeping

- "Medicine Chest" Items:
 - Over the counter drugs and ointments
 - Vitamins
 - Pain Relievers
 - Antacids
 - Allergy Pills
- Home health Aids, home maker services, care attendanc



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- Service Animal Costs
 - Vet Bills
 - Training Costs
 - Toys and Food
- Medical Supplies, including:
 - Incontinence supplies
 - Diabetes Supplies
 - Wheelchair
- Cost of public transport or milage (if using private car) for health care appointments and pharmacies