



Information about the Proof of Income Letter

If you need proof that you are receiving income and/or services from Social Security, you can request a "Proof of Income" letter at this web site. This is sometimes called a "budget letter," a "benefits letter," or a "proof of award letter."

What is a Proof of Income Letter?

- The letter can be used as proof of your:
 - income when you apply for a loan or mortgage;
 - income for assisted housing or other state or local benefits;
 - current Medicare health insurance coverage;
 - retirement status;
 - disability; and/or
 - age.
- You can select the information you would like on it.

What You Should Know

- Your Proof of Income letter will arrive in the mail in **about 10 days**.
- It will be mailed to the address on file for you at Social Security.
- If you need proof sooner, contact [your local Social Security Office](#).
- You can request a letter only for yourself. Family members must request their own letters.
- For security reasons, there is a 30 minute time limit to complete each page. [You will be given notice](#) when you are about to time out and can get more time to finish.
- You can read more about [Social Security's Internet](#)

[policy](#) here.

If You Have Moved

- If you have moved and have **not** reported this to us, you will need to [report this change](#) to us before we can process your request.
- If you have moved and have reported this to us recently, you will need to [contact us](#) before we can process your request.

Block access to your personal information

If you want to prevent online and automated telephone access to your personal information, you can [block access to your personal information](#).

Start >