

myBenefits: Your Key to New York State's Programs and Services

How to use myBenefits NY

To use myBenefits, open a web browser and go to <http://www.mybenefits.ny.gov>. Click on the button for the tool you would like to use and follow the instructions on the screen. Keep in mind that all of your information will stay private and secure.

myBenefits gives you tools for getting information on New York State's programs and benefits:

Am I Eligible?

Am I Eligible? will ask some basic questions about your family, your money and your bills. Based on your answers, it will tell you if you might be able to get help with the following:

- Help with buying food
- Temporary Assistance (TA)
- Special tax credits
- Home Energy Assistance
- WIC - Women, Infants and Children
- Prescription drug insurance coverage for seniors
- Various Health Insurance programs for individuals, families, children, and sole proprietors

The questions will take about 10 minutes to answer. Your personal information is not saved after you leave the website.

Check My Account

Check My Account lets you get up-to-date information about your Food Stamp and/or Cash benefits. Customers with EBT Food Stamp and/or Cash Accounts may now access their account information via the internet in English or Spanish. Functions available online include, but are not limited to the following:

- Account Balance
- Account Activity
- PIN Changes
- NYC Message Center
- Customer Service Message Center
- Chase ATM Locator Service

Cardholders must register the first time they log on to the website. Instructions for logging on, registering and navigating the website is found in the Electronic Benefits Transfer (EBT) Cardholder Account Overview Guide. You can view the guide by clicking on the link [\(EBT\) CARDHOLDER ACCOUNT OVERVIEW GUIDE](#).

myBenefits also gives you tools for applying online for food stamp benefits, and tracking the status of your applications as they are processed.

Apply For Benefits

Apply For Benefits will ask some basic questions about where you live. Based on where you live, myBenefits will let you know which application options are available. Some people will be eligible for the online application process. This process will ask detailed questions about your family, your money and your bills. The answers you provide to these questions will be used to create an application for food stamp benefits that will be sent to your local office for processing and eligibility determination.

Application Status

When you create any benefits application(s) in myBenefits, you will create a secure myBenefits account. The User ID and Password you choose can be used to track the status of any applications you create as they are handled by a worker at your local office.