

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:

Prescreen Eligibility

To get a quick idea of what programs you may be eligible for, click on "**AM I ELIGIBLE? Prescreen for Programs you may be eligible for.**" Answer a series of basic questions about you and your household. The questions will take about 10 minutes to answer. Your personal information is not saved after you leave the website. Based on your answers, it will tell you if you **may be** able to get help with the following:

- SNAP (Supplemental Nutrition Assistance Program)
- Temporary Assistance (TA)
- HEAP (Home Energy Assistance Program)
- Weatherization Assistance Program
- Special tax credits
 - Federal Earned Income Credit
 - New York State Earned Income Credit
 - New York City Earned Income Credit
 - Child Tax Credit
- WIC - Women, Infants and Children
- EPIC (Elderly Pharmaceutical Insurance Coverage)
- Various Health Insurance programs for individuals, families, children, and sole proprietors
- Medicaid
- Medicare Assistance Programs
 - NY Connects: Choices for Long Term Care
- School and Summer Meals
- Gold Star Parent Annuity
- Blind Annuity Program
- Consumer Protection Services
- HIV Uninsured Care Program
- Office of Victim Services

Check your EBT balance

Get up-to-date information in Spanish or English about SNAP and/or Cash benefits on your [Electronic Benefits Transfer \(EBT\) card](#) at the [ConnectEBT](#) website. The [Electronic Benefits Transfer \(EBT\) Cardholder Online EBT Account User Guide](#). has instructions for logging on, registering, and navigating the [ConnectEBT](#) website.

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.

Child Care Support Services

A program of Catholic Charities of Delaware and Otsego Counties
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