

# Your Guide to Public Benefits in New Hampshire

**F**ind, understand, and apply for programs in your state that can help:

- Increase your income,
- Save money on prescription drugs
- Pay doctors' bills;
- Buy groceries; and
- Cover other basic costs.

This fact sheet describes the programs in your state, helps you decide which are right for you, and tells you how to sign up. Income guidelines, eligibility requirements, and telephone numbers are subject to change. For the most up-to-date information in your ZIP code area log on to [www.aarp.org/quicklink](http://www.aarp.org/quicklink).

You can also go to the Benefits QuickLINK website ([www.aarp.org/quicklink](http://www.aarp.org/quicklink)) to find out if you qualify for the benefits listed below or to print out applications for programs in your state.

## Paying for Health Care and Prescription Drugs

### Medicare

**Benefit:** Health insurance that helps pay for preventive care, doctor visits, hospital stays and prescription drugs.

**Who can apply:** People who are 65 and older, and younger people with disabilities or kidney failure.

**How to apply:** Call the Social Security Administration toll-free at **1-800-772-1213** and tell the operator where you live. You can also log on to [www.socialsecurity.gov](http://www.socialsecurity.gov)



and select “Questions about Medicare.” For information about the Medicare prescription drug coverage, call **1-800-MEDICARE (1-800-633-4227)** or log on to [www.medicare.gov](http://www.medicare.gov).

For additional assistance, call the ServiceLink Resource Center, also known as the New Hampshire State Health Insurance Assistance Program (SHIP), toll-free at **1-866-634-9412** or log on to [www.nh.gov/servicelink](http://www.nh.gov/servicelink).

### Medicare Savings Programs

**Benefit:** Pays for some of the costs of Medicare, including the Part B premium, deductibles, and co-payments. How much you get depends on your income and assets.

**Who can apply:** People who get Medicare and earn around \$1,805 per month for one person, or \$2,429 per month for a married couple.

**How to apply:** You can apply in person by going to a Department of Health and Human Services (DHHS) District Office. To find your local office log on to [www.dhhs.state.nh.us/DHHS/Contact+Directory](http://www.dhhs.state.nh.us/DHHS/Contact+Directory) or you can apply through the mail. If choosing to apply through the mail, call a DHHS District Office and ask them to send you an application form and instructions. You may also apply through counselors from the Health Insurance Counseling, Information and Education Services program (HICEAS). For more information, contact the Medicare Beneficiaries Savings Program toll-free at **1-800-852-3345** (in-state only) **ext. 4451**.

### Medicare Rx Extra Help

**Benefit:** Pays for the monthly fee and deductible for Medicare prescription drug coverage, and lowers prescription drug co-payments.

**Who can apply:** People who get Medicare and have combined savings, investments and real estate (other than your home) are not worth more than \$12,510 if you are single, or \$25,010 if you are married and living with your spouse and have a limited income.

**How to apply:** Call the Social Security Administration toll-free at **1-800-772-1213** and ask for the Medicare Rx Extra Help application. You can also log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Medicare section.

For additional assistance, call the ServiceLink Resource Center, also known as the New Hampshire State Health Insurance Assistance Program (SHIP), toll-free at **1-866-634-9412** or log on to [www.nh.gov/servicelink](http://www.nh.gov/servicelink).

### New Hampshire Medication Bridge Program

**Benefit:** This program is sponsored by the Foundation for Healthy Communities and assists individuals with lower incomes who do not have insurance coverage for prescription drugs. Income limits may vary widely depending upon the medication and manufacturer.

**Who can apply:** Income eligibility varies by program, but yearly incomes typically must be at or below \$21,660 if you are single, or \$29,140 for a couple.

**How to apply:** For more information or an application, call **603-225-0900** or log on to [www.healthynh.com/fhc/initiatives/access/medicationbridge.php](http://www.healthynh.com/fhc/initiatives/access/medicationbridge.php).

### Medicaid

**Benefit:** Provides medical coverage for hospital care, health center and clinical services, doctor care, nurse care, lab and X-ray services and nursing homes.

**Who can apply:** People who are 65 or older, blind or have disabilities, few resources, or in some cases, high medical bills. To qualify, you must meet Medicaid income and asset limits. Income limits vary, depending on the size of your family and where you live. Income limits also vary based on the particular Medicaid program for which you qualify, so contact your state Medicaid office for more information.

**How to apply:** You can apply for Medicaid at any Department of Health and Human Services (DHHS) District Office throughout New Hampshire. Visit the DHHS website at [www.dhhs.state.nh.us/DHHS/MedicaidProgram/default.htm](http://www.dhhs.state.nh.us/DHHS/MedicaidProgram/default.htm). For more information or for help with your application, call toll-free at **1-800-852-3345** (in-state only) **ext. 4592**.



## Help with Your Home

### State Property Tax Assistance

**Benefit:** There are two programs that provide property tax benefits for older adults: Elderly Tax Exemption and Tax Deferral for the Elderly and Disabled. All towns and cities must have a tax exemption for older taxpayers. However, the amount of an elderly tax exemption and the eligibility rules can vary, so you should contact your town/city to find out what it allows.

**Who can apply:** Eligibility varies for each program. Contact your municipality for more information.

**How to apply:** Contact the New Hampshire Department of Revenue Administration, Taxpayer Assistance Representatives, at **603-271-2191** during normal business hours or log on to [www.revenue.nh.gov](http://www.revenue.nh.gov).

### Low Income Home Energy Assistance Programs

**Benefit:** Pays heating and cooling bills, and some energy-related home repairs.

**Who can apply:** Low-income people with annual incomes less than \$19,240 for one person, or \$25,900 for two people.

**How to apply:** For additional information or application assistance, call toll-free **603-271-8317** or log on to [www.nh.gov/oep/programs/fuelassistance](http://www.nh.gov/oep/programs/fuelassistance).

### Telephone Assistance

**Benefit:** Helps pay for the cost of basic local telephone services.

**Who can apply:** Qualified low-income older adults. You are automatically eligible if you are in one of the following programs: Medicaid, Supplemental Security Income (SSI), Federal Housing Assistance/Section 8 Programs, Food Stamps, Low Income Home Energy Assistance Programs, Bureau of Indian Affairs (BIA) General Assistance, and Tribally Administered Temporary Assistance for Needy Families (TANF).

**How to apply:** Call your local phone company and tell the sales department that you want to apply for Link Up or Lifeline.

## Help Buying Nutritious Food

### Supplemental Nutrition Assistance Program (SNAP)

**Benefit:** An Electronic Benefits Transfer (EBT) card, similar to a debit card, that you can use like cash to pay for food at most grocery stores.

**Who can apply:** People with limited income and resources, especially people 60 and over.

**How to apply:** Contact the New Hampshire Division of Family Assistance toll-free at **1-800-852-3345** (in-state only) ext. **4592** or log on to [www.dhhs.state.nh.us/DHHS/foodstamps/default.htm](http://www.dhhs.state.nh.us/DHHS/foodstamps/default.htm).

## Cash Assistance

### Social Security

**Benefit:** Monthly checks. How much you get depends on how long you have worked, how much money you earned, where you worked, and your age when you began getting benefits.

**Who can apply:** Workers who are 62 or older, people with disabilities, or the spouse and children of a deceased or disabled worker who paid into the Social Security program.

**How to apply:** You can find out if you qualify for Social Security Benefits by using the screening tool on the Social Security website ([www.socialsecurity.gov](http://www.socialsecurity.gov)). If you qualify, you can apply for retirement benefits online at [www.socialsecurity.gov](http://www.socialsecurity.gov). You can also make an appointment at your local Social Security Office. To find your local Social Security Office, call **1-800-772-1213** toll free and tell the operator where you live.

### Supplemental Security Income (SSI)

**Benefit:** Monthly checks.

**Who can apply:** People who are 65 and older, or people who are blind or have disabilities and have very low income and assets.

**How to apply:** You must make an appointment at your local Social Security office to

apply. You can find your local Social Security office by calling **1-800-772-1213** toll free and telling the operator where you live. Or, you can log on to [www.ssa.gov/pgm/links\\_ssi.htm](http://www.ssa.gov/pgm/links_ssi.htm).

## Other Information

### Eldercare Locator

Connects older Americans and their caregivers with sources of information on senior services. Call **1-800-677-1116** (hours of operation are Mon. - Fri., 9:00 a.m. - 8:00 p.m. ET) or log on to [www.eldercare.gov](http://www.eldercare.gov).

### Senior Information Hotline

For additional information about other programs and resources for older adults, call the New Hampshire ServiceLink Resource Center, also known as The New Hampshire State Health Insurance Assistance Program (SHIP), toll-free at **1-866-634-9412** or log on to [www.nh.gov/servicelink](http://www.nh.gov/servicelink).

### Legal Help

If you need a lawyer but have limited resources, contact the Senior Legal Advice Line toll-free at **1-888-353-9944** or **603-624-6000** Or, log on to [www.nhla.org/seniors.php](http://www.nhla.org/seniors.php).

**You can also go to the Benefits QuickLINK website at [www.aarp.org/quicklink](http://www.aarp.org/quicklink).**



#### Benefits Outreach Program

601 E Street, NW  
Washington, DC 20049  
1-888-OUR-AARP (1-888-687-2277)  
Email: [benefitsoutreach@aarp.org](mailto:benefitsoutreach@aarp.org)

D18705 (0110)

The AARP Foundation is AARP's affiliated charity. Foundation programs provide security, protection and empowerment for older persons in need. Low-income older workers receive the job training and placement they need to re-join the workforce. Free tax preparation is provided for low-and moderate-income individuals, with special attention to those 60 and older. The Foundation's litigation staff protects the legal rights of older Americans in critical health, long-term care, consumer and employment situations. Additional programs provide information, education and services to ensure that people over 50 lead lives of independence, dignity and purpose. Foundation programs are funded by grants, tax-deductible contributions and AARP.