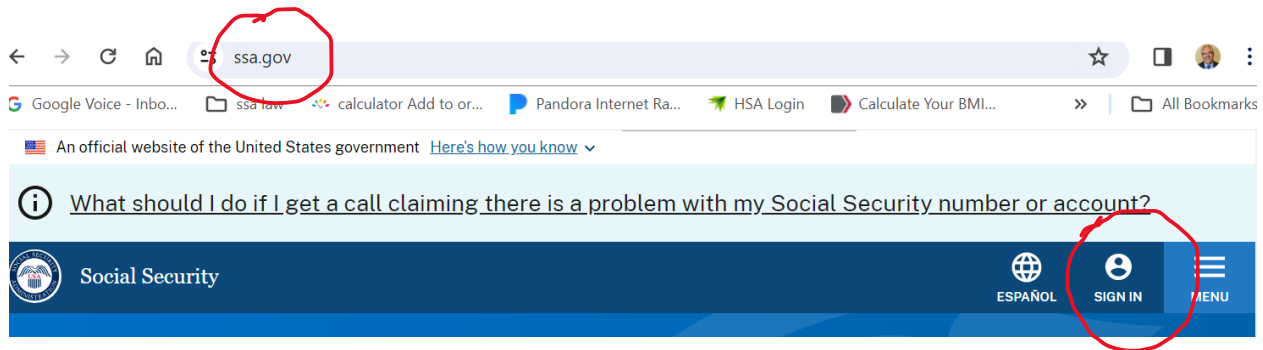


INSTRUCTIONS FOR FINDING OUT INSURED STATUS ON *my* SOCIAL SECURITY DISABILITY INSURANCE BENEFITS

Step 1: Sign in to *my* Social Security account (or set it up, if you have not already done so—there is an option to create the account if you click on “sign in”). It is at Social Security’s website at www.ssa.gov.



Step 2: After you have signed in, the option to download your “Your Social Security Statement” appears. Download it.



[Home](#) [Messages](#) [My Profile](#)

Welcome, Jon!

You last signed in on **March 14, 2024 at 4:17 PM ET.**

 [Your Social Security Statement](#)

You can download your statement as a PDF or XML file.

Step 3: On page one, find “Disability Benefits” Section.

Disability Benefits

You have earned enough credits to qualify for disability benefits. If you became disabled right now and you have enough recent work, your monthly payment would

In the example, it states that the individual has “earned enough credit to qualify for disability benefits” and goes on to state a monthly benefit amount. If it states that you have not earned enough currently, go on to Step 4, and review your earnings record.

Step 4: Review earnings on page two. It lists all the earnings reported on your account.

Earnings Record

Review your earnings history below to ensure it is accurate because we base your future benefits on our record of your earnings. There's a limit to the amount of earnings you pay Social Security taxes on each year. Earnings above the limit do not appear on your earnings record. We have combined your earlier years of earnings below, but you can view your complete earnings record online with [my Social Security](#). If you find an error, view your full earnings record online and call 1-800-772-1213.

	Earnings Taxed for Social Security	Earnings Taxed for Medicare (began 1966)
Work Year		

If you think your earnings record is incorrect, it may warrant investigating further by contacting previous employers or reviewing your own tax returns. If there is evidence that more work should be recorded, provide it to SSA.

If you would like for us to review your earnings to determine when you were last insured, you can send us the entire statement for our review by email.