

Social Security Routing

SSA Phone Number**1-800-772-1213 ask for “Help Desk”**8:00 a.m. – 7:00 p.m. local time,
Monday through Friday.**SSA Website:****<https://www.ssa.gov>**

To prove that you have money with the Social Security Administration, in addition to your Social Security number, you need 2 things:

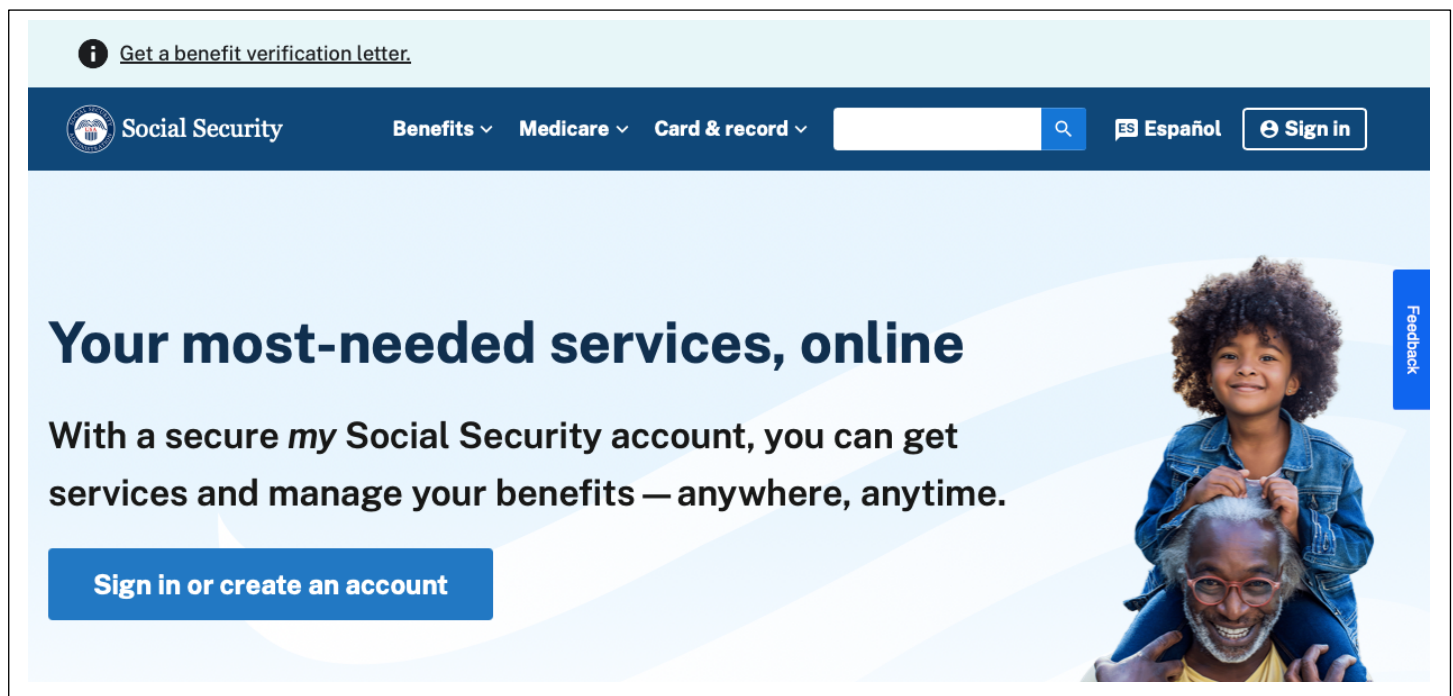
- Contributions—what you’ve paid in and
- Distributions—what you’ve received.

How to Navigate the SSA Website

There will be times when you want to pull out your hair, like when the site tells you that you don’t exist. Take a deep breath and fill out the brief form as if you hadn’t existed until just now. The system *should* catch up with you and tell you that you exist and welcome you into your records.

SSA Home Page**<https://www.ssa.gov>**

1. Opening View – *Go to the Sign in box.*



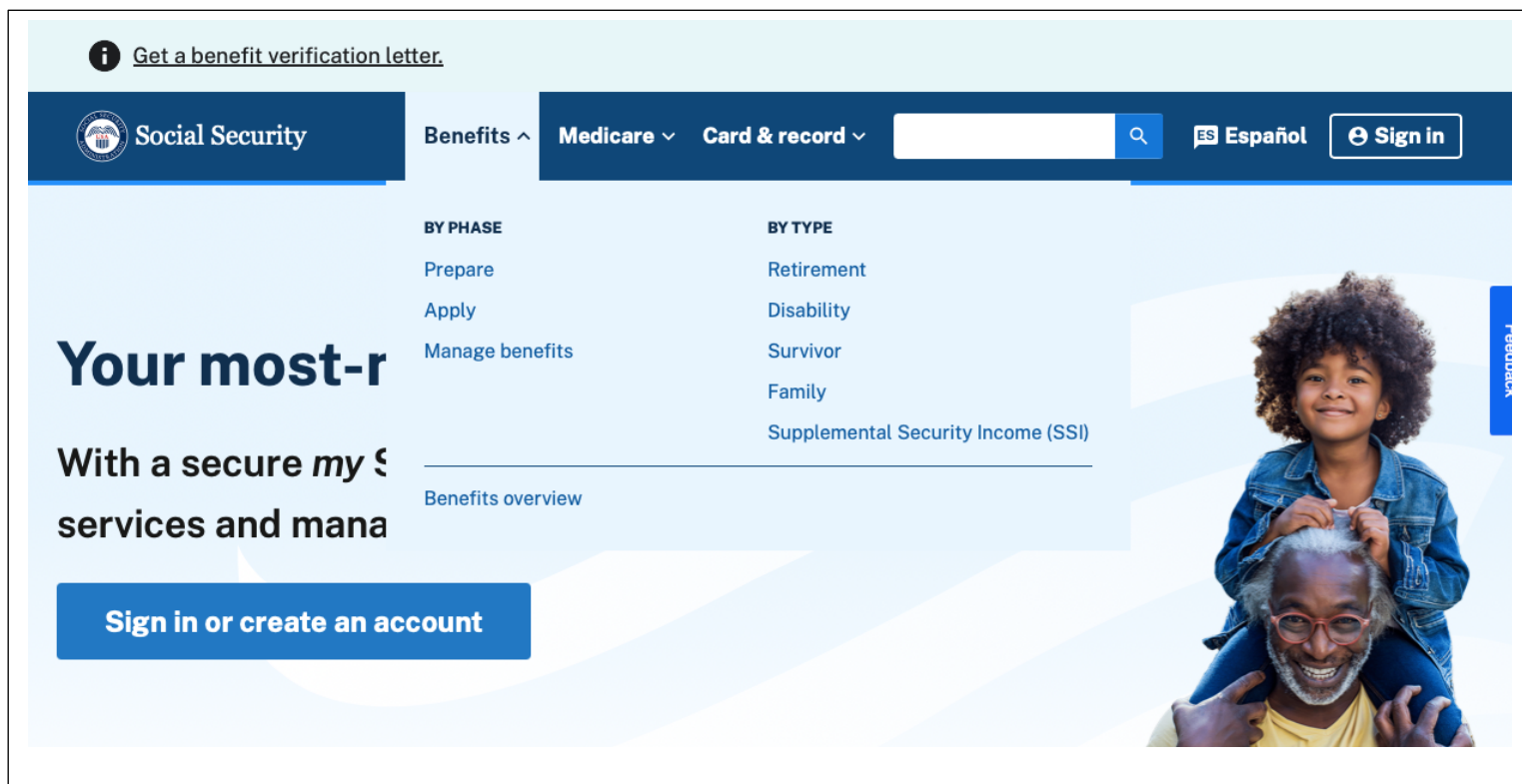
That **Opening View** shows what the INITIAL page looks like BEFORE you sign-in.

*In the upper right corner, see the Sign in box and **CLICK***

The next page will allow you to set up an account.


If you get a “Page doesn’t exist” message, return to this INITIAL page and choose one of the other options to get signed in.

You can check out the drop-down options under Benefits, too.



2. *Log-on/Sign-in*

The SSA website has a new updated look since early 2025. When trying to log-in, the following message came up.

 **Social Security** **Benefits** ▾ **Medicare** ▾ **Card & record** ▾

Online Service Not Available

We're sorry, but the online service you requested isn't available right now. We apologize for the inconvenience.

Please return to the [Social Security Online home page](#).

El servicio que solicita no está disponible en este momento. Discúlpenos por la inconveniencia.

Por favor regrese a la [portada del Seguro Social por Internet](#).


In the past, another way to log in to the Social Security system was to “Sign in with LOGIN.GOV” and that then sent me back to SSA. When logging in in November 2025, my other accounts—TSA, Trusted Traveler and SSA—were Disconnected from LOGIN.GOV.

Should the Social Security website go back online. The following will assist you in navigating the site and making copies of your Contributions and Distributions.

Here’s the next page—you DO need to agree and then can continue.

SSA The United States Social Security Administration | SSA

SSA Social Security

 **Social Security**

Sign In or Create an Account

If you already have a Login.gov or ID.me account, do not create a new one. You can use your existing account to access Social Security services.

Sign in with LOGIN.GOV

Sign in with ID.me

! The Social Security username sign-in option is no longer available.

[Create an account with Login.gov](#)

[Create an account with ID.me](#)

[Sign in Help and Support](#)

[External Site Disclaimer](#)

If you are Logging-in for the first time, you will need to have your driver's license and your Social Security card handy. The process is laborious. Just go slowly and be patient with yourself.

Terms of Service

Be sure to sign the Terms of Service. Once you've been accepted into the system, you will get a notice.

Terms of Service. 

**Scroll down, *click on*
Agree *then on* Continue.**



Terms of Service

The terms of service in this section apply to all Social Security online services. Depending on the specific Social Security online service you access, you may be asked to agree to added terms to use that service.

By checking I agree to the Terms of Service, I acknowledge the following conditions:

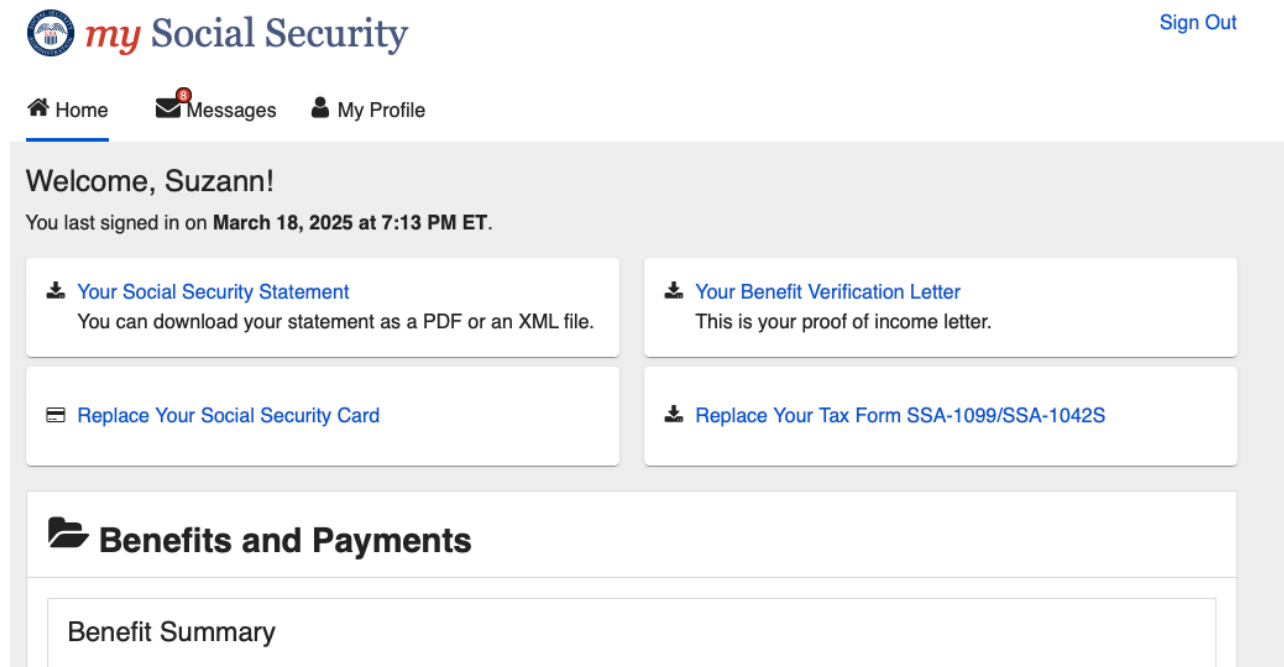
- I understand that I am accessing a U.S. Government system.
- I understand that my usage of this system may be monitored, recorded, and subject to audit.
- I understand that unauthorized or improper use of this system is prohibited and may result in administrative, civil, or criminal penalties and/or other actions.
- I understand that it is a federal crime to:
 - Give false or misleading statements to obtain information in Social Security records;
 - Give false or misleading information to obtain or alter Social Security benefits; or
 - Deceive the Social Security Administration about an individual's identity.
- I understand that the Social Security Administration may stop me from using Social Security online services if it finds or suspects fraud or misuse.
- I accept that I am responsible for properly protecting any information provided to me by the Social Security Administration.
- I agree that the Social Security Administration is not responsible for the improper disclosure of any information that the Social Security Administration has provided to me or any information that is on or from my computer or other device, whether due to my negligence or the wrongful acts of others.

☐ I agree to the Terms of Service

Eureka! *You're IN!*

Now you go to YOUR HOME PAGE. It's easy from here. *Keep reminding yourself of that.*

Here's how the page looked in March of 2025.



3. *Distributions*

You'll only be interested in this if you are receiving your Social Security checks. The **Benefit Verification Letter** is an updated copy of the letter SSA recipients receive each year to detail your next year's benefits. This, too, may be useful to have, just in case.

Click on the box that says "**Your Benefit Verification Letter.**" The Download button relays a digital copy to your computer. You also can request a paper copy. Right after your *Welcome*, go down to the box and click on:

3a. Benefit Verification Letter

 [Your Benefit Verification Letter](#)
This is your proof of income letter.

3b. Tax Form 1099

Just below the Benefit Verification Letter's box, you'll find Replace Your Tax Form 1099.

Click on  [Replace Your Tax Form SSA-1099/SSA-1042S](#)

This will be a repetitive process. If you want to download the full 6 years available. It's repetitive but NOT difficult.

Here's what the page looks like.

my Social Security

Home Messages (7) My Profile

Your Tax Form SSA-1099/SSA-1042S

Important Information If you are using a public computer, please be aware that when viewing, saving, or printing any documents, the computer you are using may store a temporary copy. X

Download a Replacement Copy

You may download a copy of your SSA-1099/SSA-1042S for any of the past 6 years for which benefits were paid. This is a document that Social Security provides at the end of each year for tax purposes.

Choose a year:

2024

Download

Click on the 2024 arrows and 6 years will open up.

- If you have income in addition to your Social Security benefits, you may also need [Notice 703](#), the IRS Worksheet for SSA-1099.

You can open and print out each of those 6 years **AND Download** the information to your computer to print later.

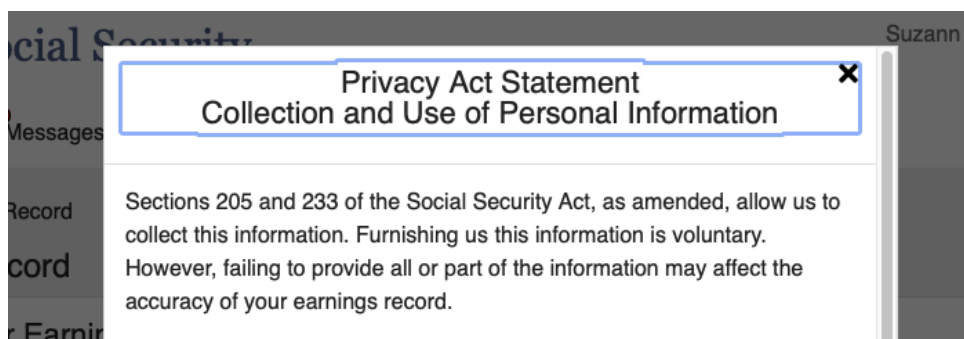
It downloads 1 year at a time.

Remember, you want to make printed out copies on paper.

Okay, that takes care of your Distributions.

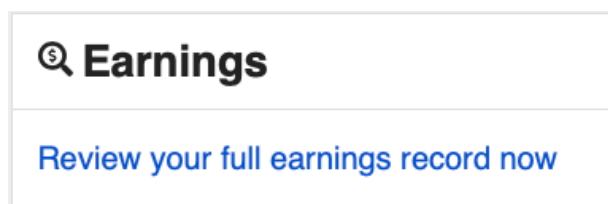
4. *Earnings/Contributions*

Before you get there, you'll come across a Privacy warning pop-up. You can just close that window—click on the X in the upper right corner.



We're looking for **Earnings—Review your Full Earnings Record Now.**

***CLICK on* Review
your full earnings
record now**



You're in the home stretch.

Print out your Earnings Record—your Contributions to SSA. It's a single long column of Contributions for SSA and Medicare.



Home Messages My Profile

Home > Earnings Record

Earnings Record

Review your Earnings Record

Your benefits are based on your earnings. If our records are wrong, you may not receive all the benefits to which you're entitled.

Use your own records to make sure our information is correct, and that we've recorded each year you worked. If you worked for more than one employer during any year, or if you had both earnings and self-employment income, we combined your earnings for the year.

- ✓ Review your earnings record carefully.
- ✓ Limits on Taxable Earnings for Social Security
- ✓ Why would earnings be missing from my record?

i See something that doesn't match with your records? If there's a mismatch between your records and the earnings listed, [contact us](#) to request a correction.

Get

Work Year	Taxed Social Security Earnings	Taxed Medicare Earnings
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Remember ...
PRINT your Earnings Record

Bingo! *You did it!*

Now ... Contact your members of Congress, including Senators:
https://ballotpedia.org/List_of_current_members_of_the_U.S._Congress

Remind them that this is your Retirement Investment.

From the Ballotpedia page, you can go to the lawmakers' individual websites to get their office phone numbers, mailing addresses and laboriously complete forms for sending emails. ❤️