

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.

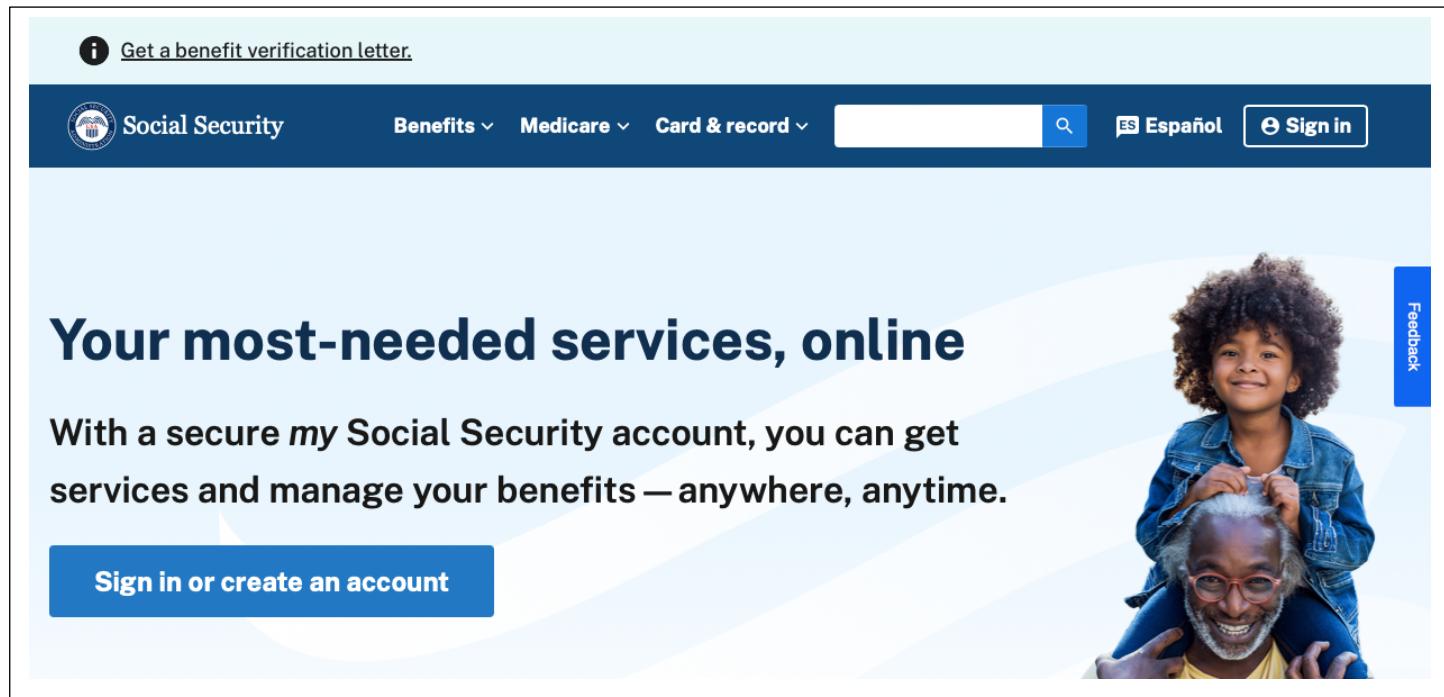
How to Navigate the SSA Website

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.*



The screenshot shows the official website of the Social Security Administration. At the top, there is a light blue header bar with the text "Get a benefit verification letter." Below this is a dark blue navigation bar containing the Social Security logo, links for "Benefits", "Medicare", "Card & record", a search bar, a "Español" link, and a "Sign in" button. The main content area features a large, smiling young girl sitting on the shoulders of an older man with glasses. The text "Your most-needed services, online" is prominently displayed in large blue letters, followed by the subtext "With a secure *my* Social Security account, you can get services and manage your benefits — anywhere, anytime." At the bottom left, there is a blue button with the text "Sign in or create an account".

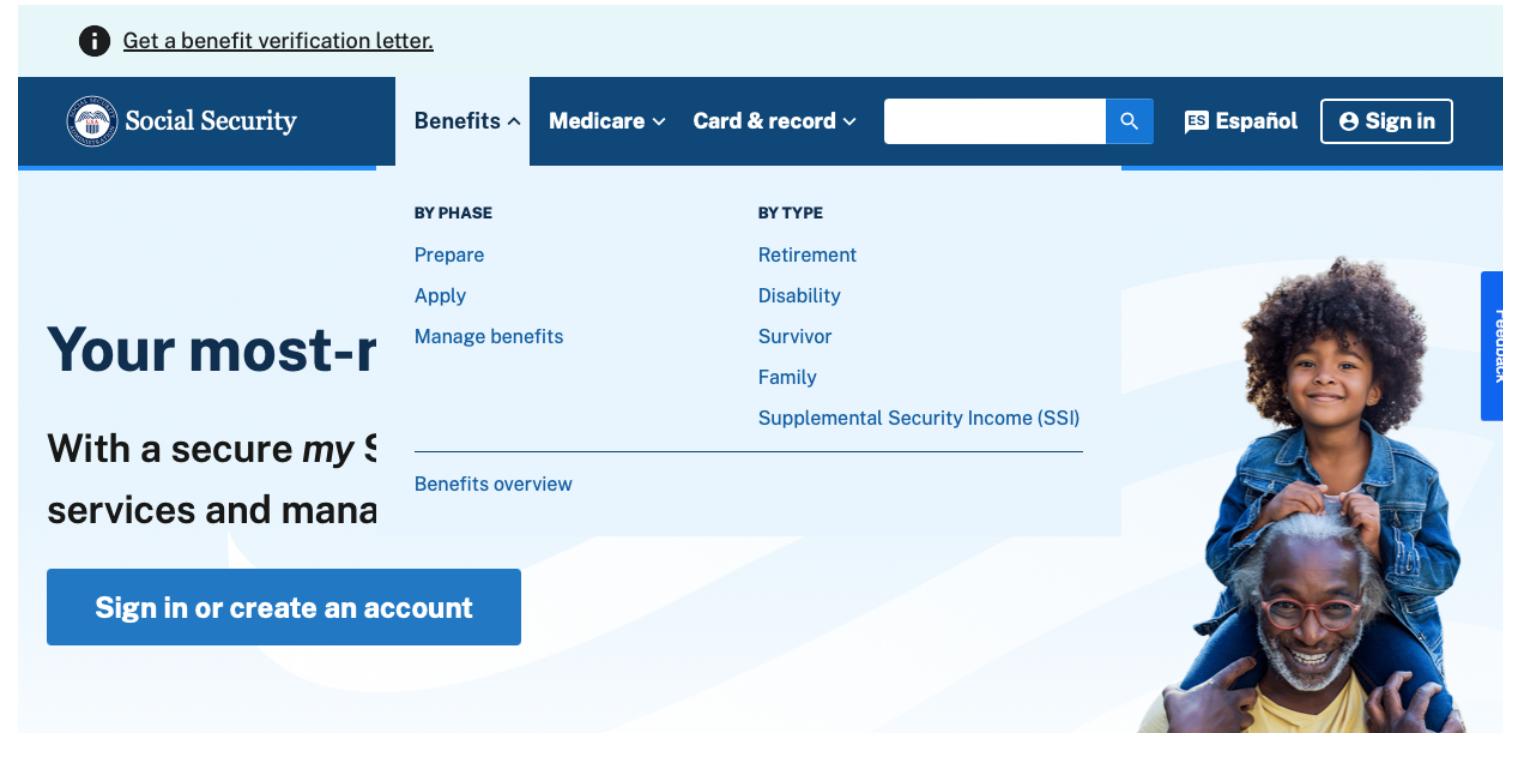
That **Opening View** shows what the INITIAL page looks like BEFORE you sign-in.

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.



The screenshot shows the Social Security website's homepage. At the top, there is a blue header bar with the Social Security logo, a search bar, and language links for Spanish and English. Below the header, a large blue banner features the text "Your most-recent benefit" and "With a secure my SSA services and manage account". A "Sign in or create an account" button is prominently displayed. To the right of the banner, there is a photograph of a smiling man with glasses carrying a young girl on his shoulders. Below the banner, there are two columns of benefit options: "BY PHASE" (Prepare, Apply, Manage benefits) and "BY TYPE" (Retirement, Disability, Survivor, Family, Supplemental Security Income (SSI)).

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.



The screenshot shows the official Social Security website with a dark blue header. The header features the Social Security Administration logo on the left, followed by the text "Social Security" and three dropdown menus: "Benefits", "Medicare", and "Card & record". Below the header, a large tan rectangular box contains the text "Online Service Not Available". Underneath this box, there is a message in English and Spanish. The English message reads: "We're sorry, but the online service you requested isn't available right now. We apologize for the inconvenience." Below this, a blue link says "Please return to the [Social Security Online home page](#)." The Spanish message below it reads: "El servicio que solicita no está disponible en este momento. Discúlpennos por la inconveniencia." Another blue link below it says "Por favor regrese a la [portada del Seguro Social por Internet](#)."

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](#).

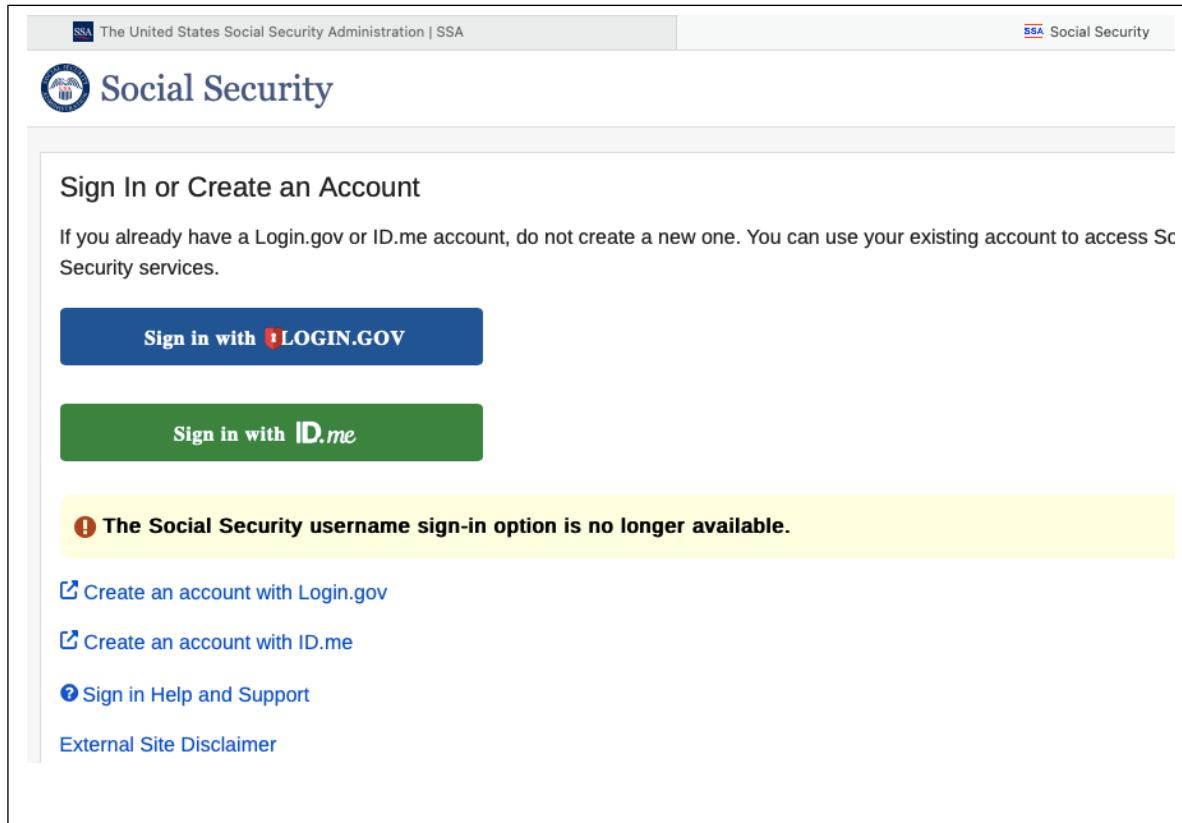
El servicio que solicita no está disponible en este momento. Discúlpennos por la inconveniencia.

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.



The image is a screenshot of the Social Security sign-in page. At the top, there are two navigation links: 'The United States Social Security Administration | SSA' on the left and 'Social Security' on the right. Below these is the 'Social Security' logo. The main heading is 'Sign In or Create an Account'. A message below the heading says, '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.' There are two prominent buttons: a blue one labeled 'Sign in with LOGIN.GOV' and a green one labeled 'Sign in with ID.me'. Below these buttons is a yellow box containing a warning: '⚠ The Social Security username sign-in option is no longer available.' At the bottom of the page, there are several links: 'Create an account with Login.gov', 'Create an account with ID.me', 'Sign in Help and Support', and '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:

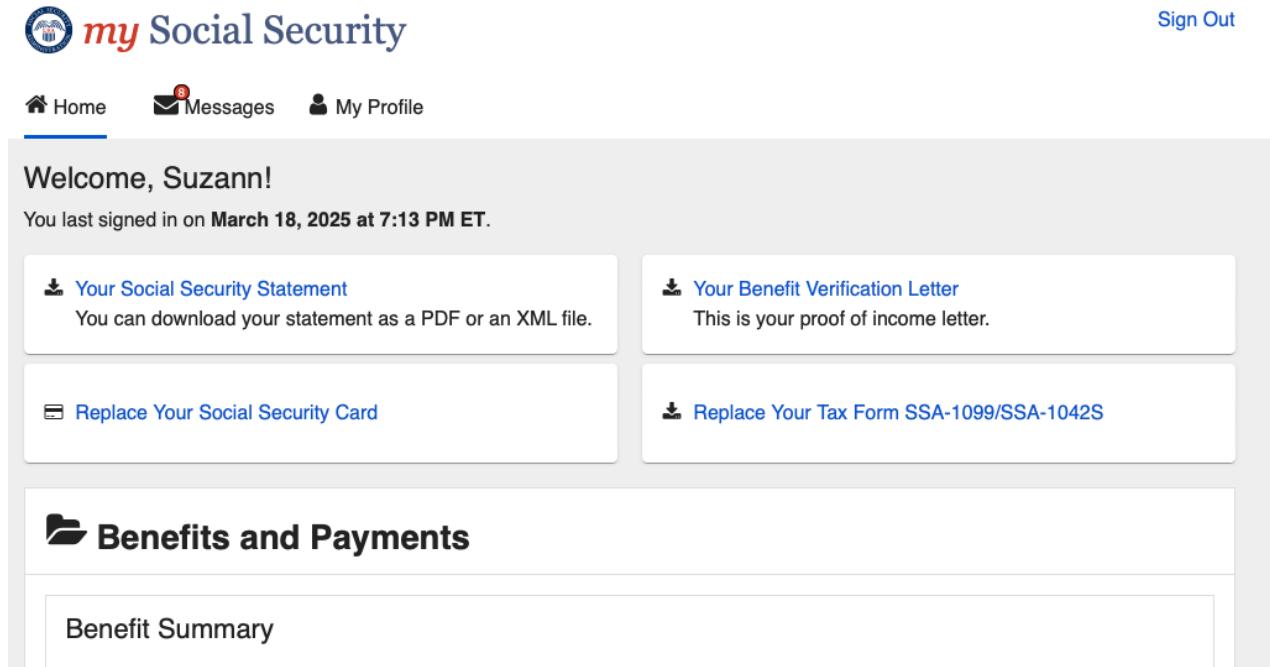
- I understand that I am accessing a U.S. Government system.
- I understand that my usage of this system may be monitored, recorded, and subject to audit.
- I understand that unauthorized or improper use of this system is prohibited and may result in administrative, civil, or criminal penalties and/or 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.



The screenshot shows the 'my Social Security' website. At the top, there is a navigation bar with 'Home', 'Messages' (with a red notification dot), and 'My Profile'. On the right, there is a 'Sign Out' link. Below the navigation, a 'Welcome, Suzann!' message is displayed, followed by the date and time of the last sign-in: 'March 18, 2025 at 7:13 PM ET'. The main content area is titled 'Benefits and Payments'. It contains several boxes: 'Your Social Security Statement' (with a download link), 'Your Benefit Verification Letter' (with a download link), 'Replace Your Social Security Card' (with a link), and 'Replace Your Tax Form SSA-1099/SSA-1042S' (with a link). A 'Benefit Summary' link is also visible.

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.

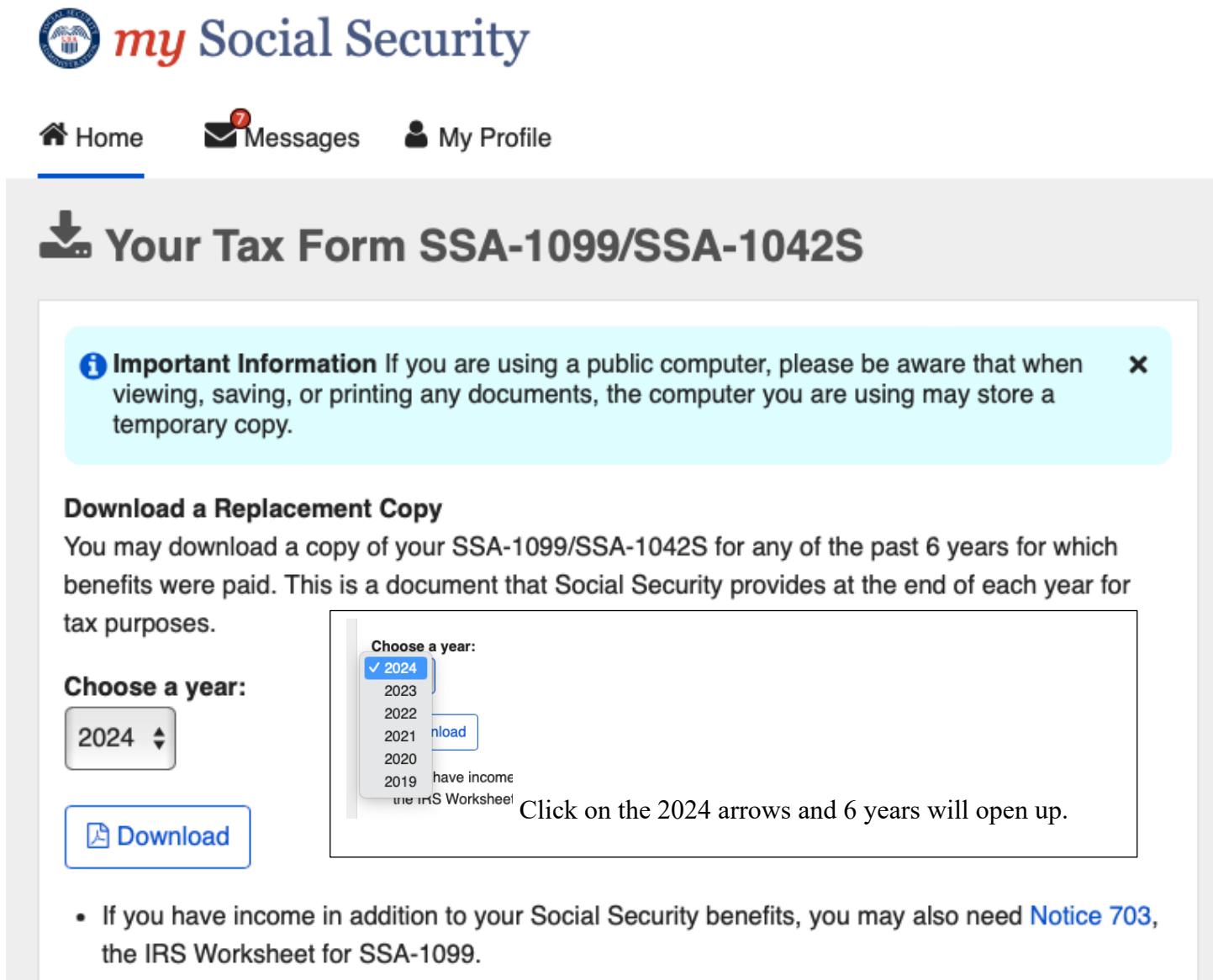
3b. Tax Form 1099

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.



The screenshot shows the "my Social Security" website. At the top, there is a navigation bar with "Home", "Messages" (with a red "7" badge), and "My Profile". Below the navigation, a large download icon and the text "Your Tax Form SSA-1099/SSA-1042S" are displayed. A callout box contains an "Important Information" message: "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." A "Download" button is visible. On the right, a "Choose a year:" dropdown menu shows years from 2024 down to 2019, with "2024" selected. A tooltip for the dropdown says: "Click on the 2024 arrows and 6 years will open up." A list item below the dropdown states: "If you have income in addition to your Social Security benefits, you may also need Notice 703, the IRS Worksheet for SSA-1099." A callout box at the bottom right contains the text: "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."

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

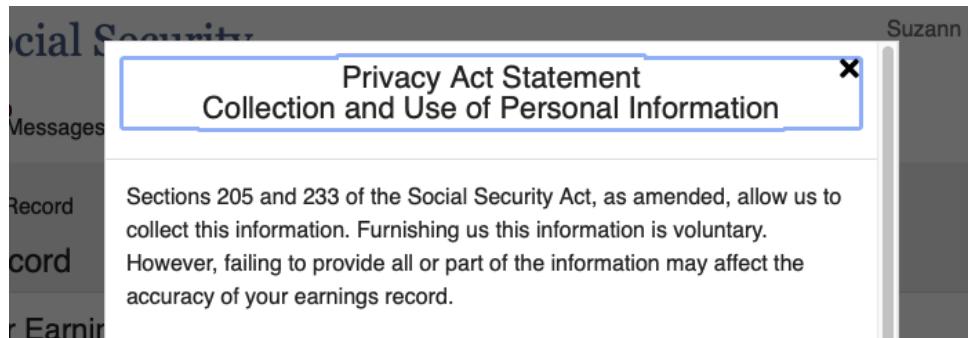
It downloads 1 year at a time.

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***

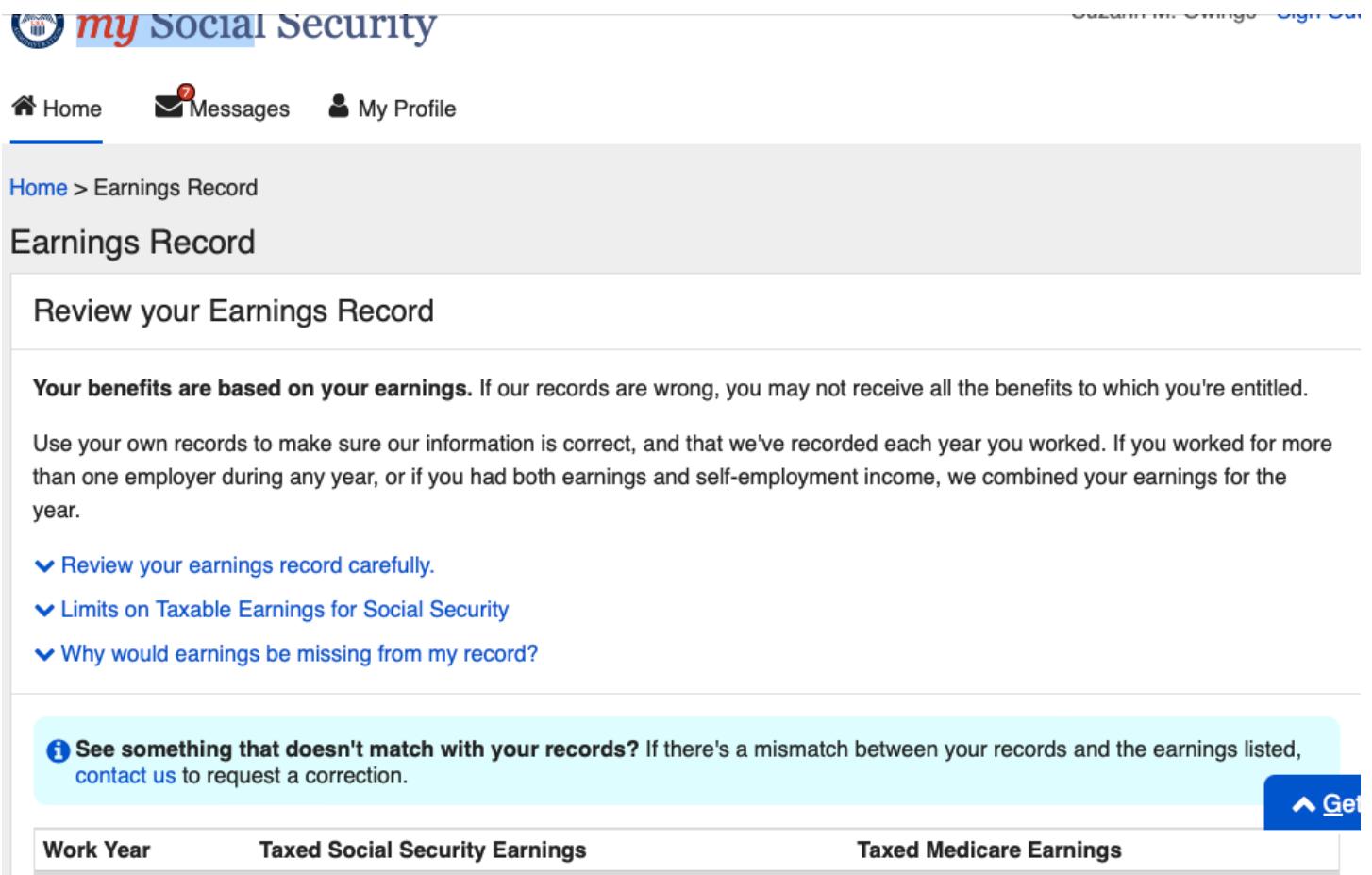


Q Earnings

[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.



The screenshot shows the my Social Security website. At the top, there is a navigation bar with 'Home', 'Messages' (with a '7' notification), and 'My Profile'. Below the navigation, the 'Home > Earnings Record' path is shown. The main title is 'Earnings Record'. Under this, a section titled 'Review your Earnings Record' is displayed. It includes a note: 'Your benefits are based on your earnings. If our records are wrong, you may not receive all the benefits to which you're entitled.' It also states: '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.' Below this, there is a list of three items: 'Review your earnings record carefully.', 'Limits on Taxable Earnings for Social Security', and 'Why would earnings be missing from my record?'. At the bottom of the page, there is a note: '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.' A 'Get' button is also visible.



Remember ...
PRINT your Earnings Record

Bingo! You did it!

Now ... Contact your members of Congress, including Senators:
[**Remind them that this is your Retirement Investment.**](https://ballotpedia.org>List_of_current_members_of_the_U.S._Congress</p>
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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. ❤