It’s so easy! Just go to www.SocialSecurity.gov/benefits/retirement and select Apply for Retirement Benefits and then accept the terms of service to begin.

Apply Online for Benefits

Select one:

- Start a New Application
- Return to Saved Application Process

Create or log in to your my Social Security account

You need to log in to your my Social Security account, or create one and then log in. When you create an account, we ask you some identity questions to verify it’s you. You may want to have certain items on hand for any additional security questions, such as:

- Name
- Social Security number
- Date of birth
- Gender
- W2 information
- Tax information
- Credit Card
- A valid mobile telephone number

Re-entry Number

After you have successfully started your application, you may want to print your re-entry number so you can quickly continue your application later if you need to stop before you finish.
Questions About Your Work

- Employment
- Self-employment
- Military service
- Work for a government agency
- Work history

Questions About Your Benefits

- When you want your Social Security benefits to start
- Other benefits you may receive

Review Your Information and Finish Your Application

- Sign your application by selecting the “Submit Now” button
- Get a Confirmation Number
- Print the receipt for your application
- Learn what to do next
- Receive a list of documents you may need to show us

Contacting Social Security

The most convenient way to contact us anytime, anywhere is to visit www.socialsecurity.gov where you can also take care of some business with an online my Social Security account.

Call us toll-free at 1-800-772-1213 or at 1-800-325-0778 (TTY) if you’re deaf or hard of hearing. We can answer your calls from 7 a.m. to 7 p.m., weekdays. Or use our automated services via telephone, 24 hours a day. We look forward to serving you.

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