

# Real Tactics 4 Disability Claims

## Checklist of Information Required to File for Social Security Disability and Medical Records Tracking

How to file (check **ONE** and follow through):

I am filing online : click on this [link](#) \*\*Important: Do not file online if your claim is for SSI-Supplemental Security Income\*.

\*Learn more at: <http://realtactics4disabilityclaims.com/supplemental-security-income/>

**Careful:** This is a two part process. If you reach a screen with a "reentry number" please save that number and click next. You will then start part 2. Failure to do so will result in a denial of the claim for incomplete filing. The reentry number allows you to go back if you get tired and want to finish a little later or the next day.

I am filing in person: Locate your nearest office through [this link](#)

**Remember:** some offices can be as bad as the DMV-Use caution on how you appear in person. They SEE you and make notes on how you appear and how you behave while waiting!

I am filing over the phone (Recommended) - Call 1-800-772-1213

**Psst:** they have to do all the typing for you-Great for those claimants who can't sit for a long time or have issues with the hands. **You can do this lying down in your bed! Isn't that nice?**

When to file:

My post about "[How do I know I Qualify to File For Disability?](#)" will explain everything you need to know about the proper time to file your case but basically the rule is:

**Your condition has lasted or is expected to last at least 12 months or more.**

**The clock starts ticking from the day you stopped working and NOT from the date of diagnosis (unless they coincide to be the same). So for example: If you stopped working on August 5, 2015, you can file on August 5, 2016<sup>1</sup>**

<sup>1</sup>This is the rule for most cases. If you have not worked for more than 5 years, it gets a little trickier-You must consult an attorney for this particular situation.







