

Connect and Save With Lifeline

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Lifeline is a federal program that helps lower the monthly cost of your phone or internet service.

Program Benefits

Up to **\$9.25/month** on phone, internet, or bundled service

Up to **\$34.25/month** if you live on qualifying Tribal lands

You May Qualify

- If you, a child, or a dependent participate in a government assistance program like:
 - SNAP
 - Medicaid
 - Supplemental Security Income (SSI)
 - Veterans Pension and Survivors Benefit
 - Federal Public Housing Assistance (FPHA)
 - Bureau of Indian Affairs General Assistance
 - Tribal Head Start
 - Tribal Temporary Assistance for Needy Families (Tribal TANF)
 - Food Distribution Program on Indian Reservations
- If your household income is at or below 135% of the [Federal Poverty Guidelines](#)

How To Get The Benefit



1

Apply

Apply now at
LifelineSupport.org



2

Connect

Contact a [phone or internet company](#) to get your benefit



3

Save

Get a discount on your phone or internet bill

Learn More

Visit LifelineSupport.org to find participating phone or internet companies and see if you are eligible.

If you live in **California** (CaliforniaLifeline.com), **Oregon** (Lifeline.Oregon.gov), or **Texas** (TexasLifeline.org), visit the website for your state to find out how to apply.



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NEED HELP?

Call **(800) 234-9473** or Email LifelineSupport@usac.org.