

Reduced Public Transit Passes: Many public transit systems have reduced fare options for low-income riders. For example, in Portland, you can apply online for an Honored Citizen Hop Card, which will reduce your bus or train fees. To apply, visit: <https://trimet.org/lowincome/index.htm>

Medication Assistance: Pharmaceutical companies offer medication scholarships for low-income individuals. PhRMA has a service called the Partnership for Prescription Assistance that will link you with the maker of your drug. Go to <http://www.PPARX.org> for access to more than 475 different assistance programs. The site is easy to use and is a great starting point, however be cautious of other sites that charge fees for their services.

VA Benefits: Veterans may be eligible for a number of benefits including physical and mental health care; disability compensation; tuition assistance for college, graduate school or other training programs; educational and career counseling; job training; housing assistance/loan programs; a pension program; and life insurance. Visit the U.S. Department of Veterans Affairs at <https://www.va.gov/> for more information, eligibility requirements, and to apply for benefits.

Reduced Internet: If you are eligible for public assistance programs like SNAP, SSI, Medicaid, Housing Assistance, and the National School Lunch program, you may qualify for Internet Essentials from Comcast. Internet Essentials benefits include high-speed internet service for just \$9.95/month, no activation or equipment rental fees, access to Xfinity Wi-Fi hotspots, the option to purchase a computer for \$149.99, and more. To check eligibility requirements and to apply online, visit: <https://www.xfinity.com/support/articles/comcast-broadband-opportunity-program>

Weatherization Assistance Program (WAP): The U.S. Department of Energy's Weatherization Assistance Program gives money to states to distribute to local governments, community action agencies, and nonprofits, who use the money to assist low-income homeowners or renters in reducing their energy costs. If you are approved, an inspector will conduct an energy audit, which involves checking your home for heat loss and safety features. If the audit shows that your home could benefit, a work crew will come to add insulation, plug leaks, improve dryer vents, install weather-stripping, etc. There is a limit to how much can be spent on each home, but everything that is done is free. This is a great opportunity for lower-income households to reduce their heating bills and improve the safety in their homes. To learn how to apply, visit: <https://www.energy.gov/eere/wap/how-apply-weatherization-assistance>