



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

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[Missouri DB 101](#)

Health care and cash benefits can be important factors that help individuals lead an independent life. There are many myths about people losing their benefits if they work that are just not true. Employment provides individuals with more choices about how they want to live and how they want life to be in the future.

Missouri DB 101 helps inform what will happen to a person's income, benefits, and health coverage if he/she goes to work. There are new "transparency features" in the [Benefits and Work Calculator](#) which explain the direct affect a job may or may not have on total income and health coverage. Missouri DB 101 remains a free tool for Missourians as a result of sponsorship from the Missouri DD Council and the Divisions of Developmental Disabilities, Behavioral Health and Vocational Rehabilitation.

Additional information for individuals, advocates and professionals, including benefits planning calculators and articles, can be found at: mo.db101.org.

www.dmh.mo.gov/dd
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MISSOURI DEPARTMENT OF MENTAL HEALTH