


What should I do if I get a call claiming there's a problem with my Social Security number or account?

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Cost-of-Living Adjustment (COLA) Information [\(En español\)](#)

Cost-of-Living Adjustment (COLA) Information for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits)

Read more about the [Social Security Cost-of-Living adjustment for 2023](#).

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200.

The earnings limit for workers who are younger than "full" retirement age (see [Full Retirement Age Chart](#)) will increase to \$21,240. (We deduct \$1 from benefits for each \$2 earned over \$21,240.)

The earnings limit for people reaching their "full" retirement age in 2023 will increase to \$56,520. (We deduct \$1 from benefits for each \$3 earned over \$56,520 until the month the worker turns "full" retirement age.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

Read more about the [COLA, tax, benefit and earning amounts for 2023](#).

Medicare Information

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and [my Social Security's](#) Message Center.

Your COLA Notice

In December 2022, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their [my Social Security](#) account.

This is a secure, convenient way to receive COLA notices online and save the message for later. You can also opt out of receiving notices by mail that are available online. Be sure to choose your preferred way to receive courtesy notifications so you won't miss your secure, convenient online COLA notice.

Remember, our services are free of charge. No government agency or reputable company will solicit your personal information or request advanced fees for services in the form of wire transfers or gift cards. Avoid falling victim to fraudulent calls and internet "phishing" schemes by not revealing personal information, selecting malicious links, or opening malicious attachments. You can learn more about the ways we protect your personal information and [my Social Security](#) account [here](#).

History of Automatic Cost-Of-Living Adjustments (COLA)

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975. Before that, benefits were increased only when Congress enacted special legislation.

Beginning in 1975, Social Security started automatic annual cost-of-living allowances. The change was enacted by legislation that ties COLAs to the annual increase in the Consumer Price Index (CPI-W).

The change means that inflation no longer drains value from Social Security benefits.

- [The 2023 COLA](#)
- [The 2022 COLA](#)
- [The 2021 COLA](#)

- [The 2020 COLA](#)
- [The 2019 COLA](#)
- [The 2018 COLA](#)

The 1975-82 COLAs were effective with Social Security benefits payable for June (received by beneficiaries in July) in each of those years. After 1982, COLAs have been effective with benefits payable for December (received by beneficiaries in January).

Automatic Cost-Of-Living Adjustments received since 1975

July 1975 -- 8.0%	January 2000 -- 2.5% ⁽¹⁾
July 1976 -- 6.4%	January 2001 -- 3.5%
July 1977 -- 5.9%	January 2002 -- 2.6%
July 1978 -- 6.5%	January 2003 -- 1.4%
July 1979 -- 9.9%	January 2004 -- 2.1%
July 1980 -- 14.3%	January 2005 -- 2.7%
July 1981 -- 11.2%	January 2006 -- 4.1%
July 1982 -- 7.4%	January 2007 -- 3.3%
January 1984 -- 3.5%	January 2008 -- 2.3%
January 1985 -- 3.5%	January 2009 -- 5.8%
January 1986 -- 3.1%	January 2010 -- 0.0%
January 1987 -- 1.3%	January 2011 -- 0.0%
January 1988 -- 4.2%	January 2012 -- 3.6%
January 1989 -- 4.0%	January 2013 -- 1.7%
January 1990 -- 4.7%	January 2014 -- 1.5%
January 1991 -- 5.4%	January 2015 -- 1.7%
January 1992 -- 3.7%	January 2016 -- 0.0%
January 1993 -- 3.0%	January 2017 -- 0.3%
January 1994 -- 2.6%	January 2018 -- 2.0%
January 1995 -- 2.8%	January 2019 -- 2.8%
January 1996 -- 2.6%	January 2020 -- 1.6%
January 1997 -- 2.9%	January 2021 -- 1.3%
January 1998 -- 2.1%	January 2022 -- 5.9%
January 1999 -- 1.3%	January 2023 -- 8.7%

⁽¹⁾ The COLA for December 1999 was originally determined as 2.4 percent based on CPIs published by the Bureau of Labor Statistics. Pursuant to Public Law 106-554, however, this COLA is effectively now 2.5 percent.

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