

Notice of Cost-of-Living Adjustment (COLA)

Hello **John Sample**

Your Social Security benefit will increase by **2.5%** in January 2025 because of a rise in the cost of living. You can use this letter as proof of your benefit amount if you need to apply for food, rent, or energy assistance. You can also use it to apply for bank loans or for other business. Keep this letter with your important financial records or access this information online by signing into your **my Social Security** account.

Item	Monthly Amount
Your monthly benefit in 2025 <u>before</u> deductions	
2025 Common Deductions	
Medicare Medical Insurance (Part B and Part C) If you did not have Medicare as of November 21, 2024, or if someone else pays your premium, we show \$0.00.	-\$185.00
Medicare Prescription Drug Plan (Part D) We will notify you if the amount changes in 2025. If you did not elect withholding as of November 1, 2024, we show \$0.00.	-\$0.00
U.S. federal tax withholding for non-citizens	-\$0.00
Voluntary federal tax withholding If you did not elect voluntary tax withholding as of November 21, 2024, we show \$0.00.	-\$344.10
How Much Your Benefit Will Be in 2025	
Your monthly benefit in 2025 <u>after</u> deductions This monthly amount may include deductions not listed above.	

For more information about your COLA and other benefits-related topics such as Medicare, Ticket to Work, Reporting Wages, Earnings Limits, Other Pensions, and more, go to www.ssa.gov/cola or scan the QR code.



If you would like a paper copy of any of this information, please contact us.

Need more help?

1. Visit **www.ssa.gov** for fast, simple, and secure online service.
2. Call us at **1-800-772-1213**, weekdays from 8:00 am. to 7:00 pm. If you are deaf or hard of hearing, call TTY **1-800-325-0778**. Please mention this letter when you call.
3. You may also call your local office at **1-866-964-0028**.

SOCIAL SECURITY