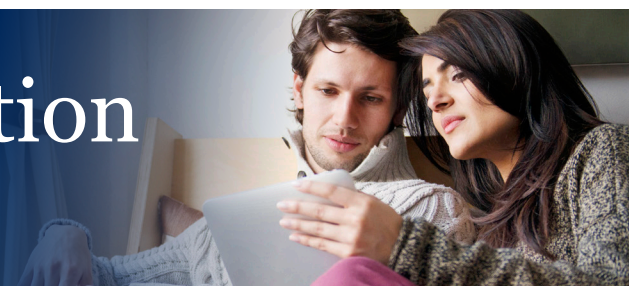


Social Security Connection

See what you can do online



December 2022
Volume 49

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Local Offices

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment. As we expand in-person service, we expect our offices to be very busy. We strongly encourage you to continue to **go online, call us for help, and schedule appointments in advance.**

Learn more at ssa.gov/coronavirus/gethelp.



my Social Security

Check out your Social Security Statement, change your address and manage your benefits online today.

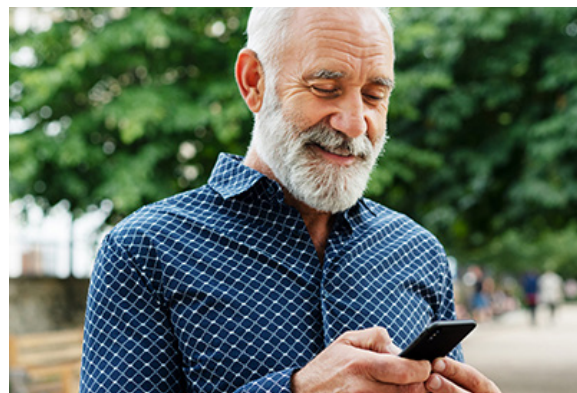
[SSA.gov/myaccount](https://ssa.gov/myaccount)



Online Services

You can access many of our services online.

[SSA.gov/onlineservices](https://ssa.gov/onlineservices)



Social Security Benefits Increase in 2023

Approximately 70 million Americans will see an 8.7% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal **my Social Security account**. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal **my Social Security account** to opt out by changing your Preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 15, 2022 to receive the **2023 COLA notice online**.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

January 2023 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2023 will be higher. The retirement earnings test exempt amount will also change in 2023.

Be among the first to know! Sign up for or log in to your personal **my Social Security account** today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2023 COLA **here**.



Securing today
and tomorrow



iSSNRC

Need a replacement Social Security Card?

Request one at

[SSA.gov/myaccount/replacement-card.html](https://www.ssa.gov/myaccount/replacement-card.html)



FAQs

Get answers to frequently asked questions about Social Security.

[SSA.gov/faq](https://www.ssa.gov/faq)

SOCIAL SECURITY MATTERS

Social Security's blog has the most up-to-date articles on what matters to you most. It's easy to read and easy to share.

blog.ssa.gov

Follow us!



Securing today and tomorrow



Happy Holidays From Social Security

The holiday season brings us feelings of warmth and joy. At Social Security, we want you to know we share the same joy when it comes to serving you, whether it be in person, by telephone, or online. Our online services are available to help you do business with us in an easy, convenient, and secure way. It all starts with a personal *my Social Security* account. More than 70 million people have signed up for their personal account to conduct their business online!

You can create a personal *my Social Security* account to:

- Apply for retirement, spouses, or disability benefits.
- Apply for Medicare.
- Check your application status.

If you receive benefits, you can use your personal *my Social Security* account to:

- Change your address. (Social Security benefits only)
- Set up or change your direct deposit information. (Social Security benefits only)
- Instantly get proof of benefits.
- Print your SSA-1099.

If you do not receive Social Security benefits, you can use a personal *my Social Security* account to:

- Get personalized retirement benefit estimates.
- Get your *Social Security Statement*.
- Get estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.

You can use our services on-the-go or from the comfort of your home. Please visit www.ssa.gov/myaccount to view the services available to you. We want you to have a safe, happy holiday season and know that we are here for you.

Attorney Fee Cap Increase

Social Security Administration Acting Commissioner Kilolo Kijakazi announced a change to the Attorney Fee Cap — the first in 13 years. The maximum dollar amount limit for **fee agreements** approved under the Social Security Act increased from **\$6,000 to \$7,200**.

Effective November 30, 2022, we may approve fee agreements up to the new dollar limit, provided that the agreements otherwise meet the statutory requirements.

If a fee agreement is not filed, a representative can submit a fee petition after completing work on your claim(s). We'll review the value of your representative's services—and let you know the fee your representative is authorized to charge and collect.

For more information, please read our publication, *Your Right to Representation*, at www.ssa.gov/pubs/EN-05-10075.pdf.

Protect Yourself from Social Security Scams

Telephone and email scammers are pretending to be government employees. Scammers will try to scare you and trick you into giving them your personal information and money. Don't be fooled! Social Security will **not**:



- Threaten you
- Tell you there is a problem with or suspend your Social Security number
- Demand immediate payment from you
- Require payment by retail gift card, pre-paid debit card, internet currency, wire transfer, or by mailing cash

If you receive a call or email like this, please report it to the Office of the Inspector General at <https://oig.ssa.gov>.

SSA.gov