



## Office of the Inspector General SOCIAL SECURITY ADMINISTRATION

# Scam Alert

FOR IMMEDIATE RELEASE

October 11, 2024

[oig.ssa.gov](https://oig.ssa.gov)

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### **Don't Let Scammers Deceive You!** *SSA's Cost of Living Adjustment is Automatic*

Are you wondering what to do to receive a cost-of-living increase in your Social Security benefits for 2025? No worries, the answer is "nothing".

The annual Cost of Living Adjustments (COLA) is automatic. The Social Security Administration (SSA) announced its new COLA of 2.5 percent on October 10, 2024. Notices will arrive by mail beginning in December. Further, my Social Security accountholders can see their COLA notice online.

Beneficiaries will see the increase in benefits payable in January 2025.

"Annual Social Security cost-of-living adjustments (COLA) are automatic, and beneficiaries do not need to take any action or provide additional information to receive the legitimate increase," said Hannibal "Mike" Ware, Acting Inspector General for the Social Security Administration. "Be wary of any communication that asks you to take extra steps or provide personal details for this increase, as it's likely a scammer attempting to steal your identity or financial assets. Our office is dedicated to protecting the public and deterring these criminals from exploiting honest, hardworking people."

Scammers often disseminate false information about steps you need to take to get your increase. This is a scam. That is why the SSA Office of the Inspector General (OIG) is advising the public to be keenly aware of any attempts from persons seeking to gain your personal information for you to receive a COLA from SSA.

The annual cost-of-living increases issued by SSA are ALWAYS automatic. No additional information is required for you to receive the legitimate COLA increase.

Refer to [SSA's Press Release](#) for accurate COLA information. [Report fraud](#) to the Social Security Administration Office of the Inspector General.

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Members of the press may make inquiries to Social Security OIG at [oig.dcom@ssa.gov](mailto:oig.dcom@ssa.gov)

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