In January of this year, Federal retirees and Social Security recipients received a cost-of-living increase (COLA) of 1.3%, slightly less than in 2020. It has been announced that the 2022 COLA will be 5.9% for CSRS annuitants and Social Security recipients. FERS annuitants will receive a 4.9% increase. These increases will begin in January 2022. NOTE: The COLA increase for FERS is different than that of CSRS annuitants. The FERS COLA Formula is as follows – a COLA of 2% or less, both CSRS and FERS receive the same, an increase of 2% to 3%, FERS annuitants receive only 2%, an increase of 3% or more and FERS annuitants receive the COLA minus 1%. The NALC is working with Congress in an effort to eliminate this inequity.

You should be aware that with these increases in pensions and Social Security, there will be some offsetting by increases in Health Benefit premiums and Medicare premiums.

As far as Health Benefit premiums are concerned, the retirees cost for NALC High option, self and family will increase by $7.22 from $430.49 to $437.71. The NALC High option, self only will increase by $7.47 from $205.47 to $212.94. Medicare Part B premiums will increase by approximately $10.00 from $148.50 to $158.10.

Again, the NALC Health Benefits plans “High option Self Only” makes no sense for retirees, since the premiums will be greater than “High option Self and Family.

For our retirees who might have a Health Benefit Plan other than NALC, you can find your rates for 2022 by going online to **Government Employees Health Benefit premiums for 2022 and scrolling down to OPM Premiums and then click onto FFS (Fee for Service/Nationwide Plans).** As a retiree, your premiums will be listed under “non-Postal Rates.”

**DIRECTOR OF RETIREE AFFAIRS**