

Social Security Connection

See what you can do online



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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](https://www.ssa.gov/coronavirus/gethelp).



my Social Security

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

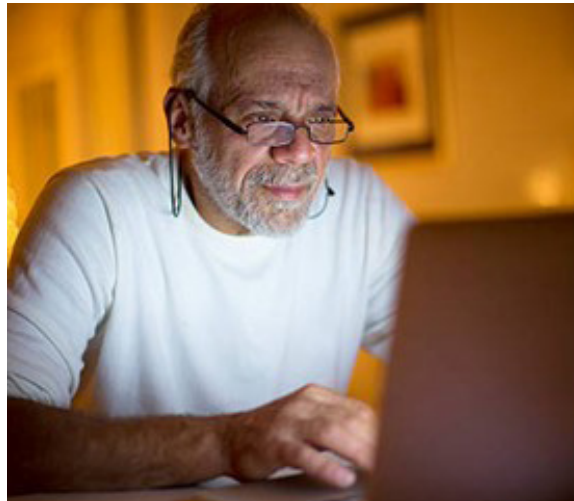
[SSA.gov/myaccount](https://www.ssa.gov/myaccount)



Online Services

You can access many of our services online.

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



Change Your Address and Phone Number Online with My Social Security

If you receive Social Security benefits, the easiest way to change your address and phone number is by creating a personal **my Social Security** account at www.ssa.gov/myaccount. Once you create your account, you can update your contact information from your preferred location. This feature is available for people who receive retirement, survivors, or disability benefits, along with Medicare enrollees. If you receive Supplemental Security Income, you can check the address that we have on record with your account.

Visit our **my Social Security** webpage to get started. To create an account, you must:

- be at least 18 years old.
- Provide a valid email address.
- Have a Social Security number (SSN).
- Provide a U.S. mailing address (includes military addresses, APO/FPO/DPO, AE, AP, or AA).

Once you have a valid email address, you are ready to create your personal **my Social Security** account. When you visit **my Social Security**, select the “Create an Account” button. You will have the option to create your new **my Social Security** account with one of our two credential partners: Login.gov or ID.me.

- Login.gov is the public’s one account for simple, secure, and private access to participating U.S. government agencies.
- ID.me is a single sign-on provider that meets the U.S. government’s online identity proofing and authentication requirements.

Please note, if you already have a Login.gov or ID.me account, you can select the appropriate button to sign in with either one and access your personal **my Social Security** account. If you previously verified your identity with Login.gov or ID.me, you don’t need to do so again. If you don’t have a Login.gov or ID.me account, please select the “Create an Account” link to start the one-time registration process.

If you create a new Login.gov credential, we will still complete the identity verification part, so you will need to provide some personal information to us. You will also receive an activation code from us to complete the process.

Remember, you can do much of your business with us online at www.ssa.gov/onlineservices.



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

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Securing today
and tomorrow



Expand Your Social Security Knowledge with These Five Terms

We strive to explain your benefits using easy-to-understand, plain language. The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in a way “the public can understand and use.” This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income, and Medicare.

Take a moment to learn a few common Social Security terms and acronyms!

COLA: This stands for “*Cost-of-Living Adjustment*.” With COLAs, Social Security and Supplemental Security Income benefits keep pace with inflation. Most years, your monthly benefit amount will get a COLA, which usually means extra money.

Credits: As you work and pay Social Security taxes, you earn credits – previously called “*Quarters of Coverage*” – that count toward your eligibility for future Social Security benefits. You can earn a maximum of four credits each year. Most people need 40 credits to qualify for benefits. Younger people need fewer credits to qualify for disability or survivors benefits. For more information, see Social Security Credits at www.ssa.gov/pubs/EN-05-10072.pdf.

Earnings Record: This is the chronological history of the amount of money you earned each year during your working lifetime. Your credits remain on your Social Security earnings record even when you change jobs or have no earnings for a period of time. Review your earnings record with a personal [my Social Security](https://www.ssa.gov/myaccount) account at www.ssa.gov/myaccount.

FICA: This stands for “*Federal Insurance Contributions Act*.” It’s the tax withheld from your wages that funds the Social Security and Medicare programs.

Now, if any of these terms or acronyms comes up in conversation, you can help explain what they mean. Visit our online glossary at www.ssa.gov/agency/glossary to learn more of our terminology and deepen your understanding of how Social Security works for you.

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