

Understanding insurance and benefits is important to ensure you receive appropriate health and long term care benefits and to assist you with future financial planning. Learn about community services available in your area and public and private insurance providers and benefits resources.



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Article

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

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[Social Security Administration](#)

Links

Cardinal Care: A Program for All Medicaid Members

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[Cardinal Care: A Program for All Medicaid Members](#)

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Social Security Self Help Resources: disAbility Law Center of Virginia (dLCV)

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[Social Security Self Help Resources: disAbility Law Center of Virginia \(dLCV\)](#)

Article

Social Security Benefits Increase in 2024

Approximately 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024.

Source

[Social Security Administration](#)

Links

Virginia Medicaid at a Glance

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[Virginia Medicaid at a Glance](#)

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Virginia Medicaid Coverage for Adults

Medicaid has health coverage programs for adults in Virginia who qualify. There are no enrollment costs and no monthly premiums for adults between 19-64 years old who qualify.

Source

[Cover Virginia](#)

Article

Cardinal Care: A Program for All Medicaid Members

Virginia Medicaid members will soon be part of Cardinal Care - a single system of care for all of our 2 million members. Cardinal Care will connect members to the care that they need when they need it and reduce transitions between programs as their health care needs evolve.

Source

[Virginia Department of Medical Assistance Services](#)

Links

AARP Long-Term Care Cost Calculator

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[AARP Long-Term Care Cost Calculator](#)

Article

Social Security's Top 10 Web Pages

Use key Social Security web pages to do your business or get answers.

Source

[Social Security Administration](#)

Links

Social Security Connection: See what you can do online

Source

[Social Security Connection: See what you can do online](#)

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