

## **Insurance and Benefits**

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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## **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 \(dLCV\)](#)

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## **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.

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## **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.

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[Cover Virginia](#)

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## **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.

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[Virginia Department of Medical Assistance Services](#)

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## **AARP Long-Term Care Cost Calculator**

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

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## **Social Security's Top 10 Web Pages for 2023**

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

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## **Social Security Connection: See what you can do online**

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

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## **Medigap Insurance Options for People with Disabilities Under Age 65**

Effective January 2, 2021, there are new options for Medicare-eligible individuals under the age of 65.

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