

[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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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.

Source

[Social Security Administration](#)

Article

3 New Ways That Medicare Is Supporting Family Caregivers

Family caregivers are often thrust into caregiving with little notice and can find themselves navigating a complex medical system without any training or guidance. Explore new ways that Medicare is supporting family caregivers.

Source

[AARP](#)

Article

Medicare Open Enrollment: Everything You Need to Know

Learn everything you need to know about Medicare Open Enrollment including options, dates and resources to help!

Source

[AARP](#)

Apps

GoodRx: Prescription Drug Savings

GoodRx is an affordable health care and medication app and mobile health care

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[GoodRx: Prescription Drug Savings](#)

Links

Cardinal Care: A Program for All Medicaid Members

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

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](#)

Article

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](#)

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Page 7](#)
- [Page 8](#)
- [Page 9](#)
- ...
- [Next page >>](#)
- [Last page Last >](#)

Showing 1-10 of 109 Results