

UPDATE – 2010 Military Retirement COLA

The annual federal retiree COLA is based on the Labor Department's Consumer Price Index for urban wage grade earners from the third quarter of one year to the same quarter of the next year. This year, consumer goods prices did not increase, which means there will be no COLA for Social Security and federal retirees in 2010.

Social Security benefits, which are provided to FERS retirees, will also remain unchanged in 2010, according to the Social Security Administration.

For a Guide to what Federal Retiree COLAs are and how they are calculated, [click here](#).

(<http://www.myfederalretirement.com/public/356.cfm>)