

Cost of Living Allowance (COLA)

Overseas Cost of Living Allowances (OUTCONUS COLA)

The Overseas Cost of Living Allowance (OUTCONUS COLA) is a non-taxable allowance designed to offset the higher overseas prices of non-housing goods and services. It affects approximately 250,000 Service members at 600 locations overseas, including Alaska and Hawaii. Approximately \$2 billion is paid in Overseas Cost of Living Allowances annually.

To calculate the amount of Overseas COLA that will be paid for a specific location by rank and number of years of service visit the [Overseas COLA Calculator](#).

CONUS Cost of Living Allowance (COLA)

CONUS COLA compensates for a portion of excess non-housing costs incurred by uniformed Service members in CONUS locations, where non-housing costs are at least 8 percent above the CONUS average. CONUS COLA varies by pay grade, years of service (YOS), and whether the member has dependents. An average E-6, with dependents and 10 years of service, receives \$40 per month for each COLA index point. Index points currently range from one to six.

To calculate the amount of CONUS COLA that will be paid for a specific location by rank and number of years of service visit the [CONUS COLA Calculator](#).

Also, [here is a list of locations for 2023 eligible for CONUS COLA](#).