



NAVY PAY AND PERSONNEL SUPPORT CENTER OPS ALERT

Ser: 002-26

UPDATE: 2026 CONUS COLA ADJUSTMENTS FOR COMMANDS IN HIGH-COST AREAS

Release Date: 01/28/2026 Effective Date: 01/01/2026

BLUF: The Continental United States (CONUS) Cost of Living Allowance (COLA) index is updated each January by the Defense Travel Management Office (DTMO). This year the index changes encompass several new areas to include San Diego, Seattle, and other locations. Commands should review their eligibility and request a start of this allowance for all members in the areas entitled.

CONUS COLA: CONUS COLA is a taxable supplemental allowance designed to offset high prices in the highest cost locations that are at least 7 percent more expensive than the national average. Rates can increase or decrease depending on the non-housing prices in a duty location as compared to non-housing prices in an average CONUS location. Visit the DTMO site below for eligibility:

<https://www.travel.dod.mil/Allowances/CONUS-Cost-of-Living-Allowance>

REFERENCE:

Department of Defense (DoD) Financial Management Regulation (FMR), Volume 7A, Chapter 67 (link below not working)

https://comptroller.war.gov/Portals/45/Documents/fmr/Volume_07a.pdf

WHAT THIS MEANS TO YOU:

- ✚ **CPPAs:** CPPAs are to verify this entitlement and send a Salesforce case request to their servicing TSC with the following information. If members of the command reside in multiple locations, a listing of those members entitled to the CONUS COLA should accompany the request.

Description: Please start CONUS COLA for UIC: _____ Command location ZIP: _____

Effective Date: 1/1/2026 (or date they reported for duty, if later)

Request Type: MILPAY

Problem Code: Cost of Living Allowance (COLA)

- ✚ OPS Alerts and CPPA Resources can be found on:

<https://www.mynavyhr.navy.mil/Support-Services/MyNavy-Career-Center/Pers-Pay-Support/CPPA-Resources/PPIBS-MPAS/>

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POC:

Refer to your Regional Support Center (RSC) for questions.

Find your RSC contact information on the [MyNavy HR CPPA Resources Page > RSC Contacts](#).