

## Additional **COVID-19** relief for group health plans

Due to the National Emergency declared on March 1, 2020, Federal regulations were released providing additional COVID-19 disaster relief guidance for group health plans and extending participant deadlines for:

- HIPAA special enrollment rights and [Life events](#) affecting benefit enrollment
- [Notification of a COBRA qualifying event](#)
- [COBRA coverage election](#)
- [Payment for COBRA premiums](#)
- Claim filing deadlines (call the number on the back of your medical ID card for more information)
- Appeals filing deadlines (call the number on the back of your medical ID card for more information)

Deadlines are extended by disregarding the **Outbreak Period** which is defined as the period between March 1, 2020 (start of the National Emergency) and 60 days after the announced end of the COVID-19 National Emergency (yet to be determined).

### More information

- COVID-19 testing and testing-related visits and treatment
  - [Blue Cross Blue Shield](#)
  - [UnitedHealthcare](#)
- [Allowing Mid-Year Medical Insurance Enrollment | COVID-19](#)
- [Health Care Flexible Spending Account updates](#)
  - For 2020, maximum carryover limit increased from \$500 to \$550.
  - Over-the-counter medications are reimbursable