

Employee Benefit Extensions

for the COVID-19 Pandemic

8

extended time frames under the "Extension Rule"

HIPAA special enrollment period

COBRA election period

COBRA premium payment period

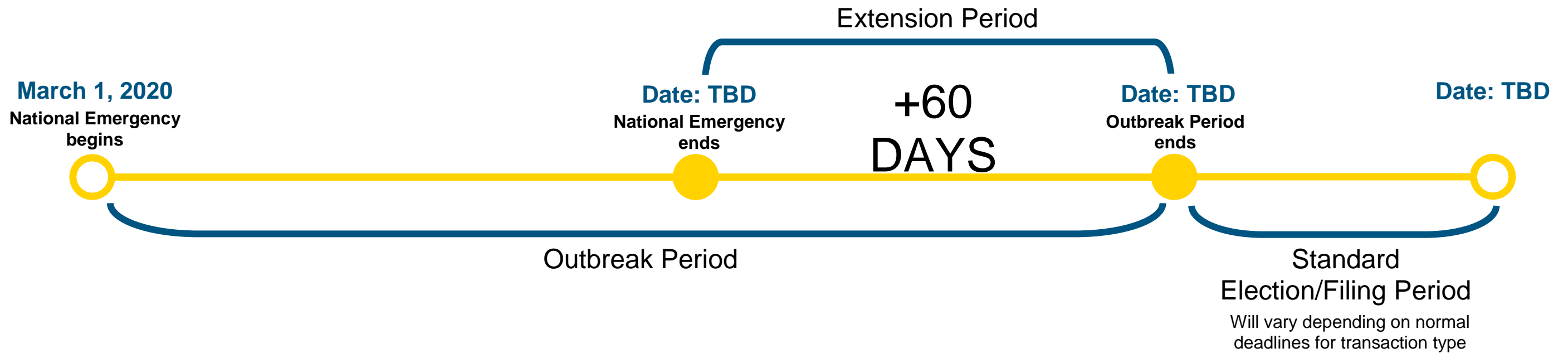
COBRA notices from employees

Benefit plan claim filing deadlines (Medical, FSA, etc.)

Adverse Benefit Determination Appeal Deadline

External Review Request Deadline

Deadline to Submit Additional Information for External Review Request



3

types of plan changes allowed under "Notice 2020-29"

Elect, change or cancel medical plan

Elect, change or cancel Health FSA

Elect, change or cancel DepCare FSA

