

**Notice to Enrollees in a Self-Funded Nonfederal Government Group Health Plan  
For Plan Years Beginning On or After September 23, 2010  
(Mental Health Opt Out Notice)**

Group health plans sponsored by state and local governmental employers must generally comply with Federal law requirements in title XXVII of the Public Health Service Act. However, these employers are permitted to elect to exempt a plan from the requirements listed below for any part of the plan that is “self-funded” by the employer, rather than provided through a health insurance policy.

Kosciusko County Government has elected to exempt the Kosciusko County Government employee plan from #2 – Mental Health – of the following:

1. Protection against limiting hospital stays in connection with the birth of a child to less than 48 hours for a vaginal delivery, and 96 hours for a cesarean section.
2. Protection against having benefits for mental health and substance use disorders be subject to more restrictions than apply to medical and surgical benefits covered by the plan.
3. Certain requirements to provide benefits for breast reconstruction after a mastectomy.
4. Continued coverage for up to one year for a dependent child who is covered as a dependent under the plan solely based on student status, who takes a medically necessary leave of absence from a postsecondary educational institution.

The exemption from these Federal requirements will be in effect for the 2022-2023 plan year beginning October 1, 2022 and ending September 30, 2023. The election may be renewed for subsequent plan years.