

# Weekly Digest

• March 30, 2023 •

EMPLOYEE  
BENEFITS

## Telehealth and the End of the COVID-19 Emergency

"The stand-alone telehealth relief under the ACA is available until the end of the latest plan year that begins on or before the last day of the PHE. For calendar-year plans, this relief would last until December 31, 2023. When an employer ends its stand-alone telehealth benefit, it may need to provide participants a 60-day notice of a material reduction in benefits." [Full Article](#)

*McDermott Will & Emery*



## No Surprises Act Gives Plan Sponsors Savings Opportunities

"The potential savings to the plan and participants are significant. Failure to review, understand and reduce these fees in light of the No Surprises Act could expose sponsors to breach of fiduciary claims for payment of excessive fees. " [Full Article](#)

*Hall Benefits Law*

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## Insulin as Preventive Care: Why Not Eliminate Patient Cost Sharing

"The United States Preventive Services Task Force (USPSTF or Task Force) should recommend insulin as a preventive service for the primary prevention of complications associated with living with diabetes among the limited population of insulin-dependent individuals living with diabetes."

[Full Article](#)

*Health Affairs Forefront*



## IRS FAQs Explain When Health FSAs, HSAs, or HRAs Can Reimburse Nutrition, Wellness, and General Health Expenses

"These FAQs do not break new ground or include any surprises. However, they may be helpful to those on the 'front lines' of cafeteria plan administration, who are sometimes asked to explain the reasons for plan operating rules and decisions."

[Full Article](#)

*Thomson Reuters/EBIA*

## States Act to Strengthen Surprise Billing Protections Even After Passage of No Surprises Act

"The NSA allows states to specify how payment disputes between insurers and providers are resolved. The NSA's system for resolving such disputes is a combination of negotiations and an independent dispute resolution (IDR) or arbitration process for determining payments to out-of-network providers when negotiations fail."

[Full Article](#)

*The Commonwealth Fund*



## DOL Annual Report to Congress on Self-Insured Group Health Plans (PDF)

"Approximately 74,100 group health plans filed a Form 5500 for 2020, an increase of nearly 13 percent from 2019. Self-insured plans covered nearly 35 million participants and held more than \$112 billion in assets, while mixed-insured plans covered roughly 29 million participants and held \$157 billion in assets." [Full Article](#)

*Employee Benefits Security Administration, U.S. Department of Labor*