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## **DEPARTMENT OF LABOR RELEASES UPDATED COBRA NOTICES**

The United States DOL has updated its various COBRA continuation forms. All employers whose employees are eligible to receive COBRA continuation coverage should update their records with the latest model notices.

1. The COBRA General Notice must be given out to plan participants within 90 days of their participation. This updated form should be placed in an applicable health plan's SPD as soon as possible:
  - COBRA General Notice in English
  - COBRA General Notice in Spanish
2. The COBRA Election Notice must be given to plan participants who have experienced a qualifying event. The Plan Administrator has 14 days to deliver this notice to a qualified beneficiary:
  - COBRA Election Notice in English
  - COBRA Election Notice in Spanish