

## **COBRA FAQ's**

### **1. What is COBRA?**

The Consolidated Omnibus Budget Reconciliation Act (COBRA) allows workers and their families who lose their health benefits to continue group health benefits for limited periods under certain circumstances such as job loss, reduction in hours, and other life events.

### **2. When is my COBRA Coverage effective?**

COBRA coverage is effective the day after the loss of active coverage.

### **3. When is HMA administration of my COBRA Benefits effective?**

HMA COBRA administration is effective July 1, 2024.

### **4. Who do I contact with questions regarding my COBRA Enrollments, Payments, Premiums, & Letters in relation to medical and prescription benefits?**

Contact the Third Party Administrator, HMA COBRA, for questions related to enrollments, payments, premiums and letters beginning June 7, 2024 at (833) 670-0900

### **5. Who do I contact with questions regarding my COBRA Claims, Appeals, Disputes, and Benefits?**

Contact Regence at (800) 854-5585

### **6. Who do I contact with questions regarding my COBRA dental benefits?**

Contact BCI (Blue Cross Idaho) at (208) 331-8897 or (866) 804-2253.

### **7. What can I expect from HMA COBRA if I am currently enrolled on COBRA medical benefits through BCI?**

For those currently enrolled on COBRA, you will receive a detailed mailing including a Change of Administration letter, confirmation of enrolled medical benefits, and premium payment submission information.

### **8. How are COBRA premium payments submitted to HMA COBRA for medical benefits?**

Premium payments may be submitted online or by mail. Detailed information is included in the Change of Administration packet previously mentioned.