

May 18, 2022

**NOTICE TO ENROLLEES IN THE UTAH VALLEY UNIVERSITY EMPLOYEE
MEDICAL PLAN**

This notice is required by federal law. There is no change in the mental health or substance use disorder benefits under the University's plan for the Plan Year from July 1, 2022–June 30, 2023.

Dear UVU Employee:

This is to notify you that Utah Valley University, a Utah State Government Agency, has elected to exempt the Utah Valley University Employee Medical Plan from certain requirements federal law imposes upon group health plans. Federal law allows the plan sponsor of a self-funded non-federal government plan the right to exempt the plan in whole or in part from certain requirements. Utah Valley University has elected to exempt the Utah Valley Employee Medical Plan from the Mental Health Parity and Addiction Equity Act.

This exemption will not affect or alter existing coverage for mental health or substance use disorder services and these plan benefits will remain the same for the 2022-2023 plan year. The election may be renewed for subsequent plan years.