



FOR IMMEDIATE RELEASE

January 25, 2022 Contact: Deepti Loharikar

Email: loharikar@abhw.org

**ABHW RESPONDS TO 2022 MENTAL HEALTH PARITY AND ADDICTION EQUITY ACT
REPORT TO CONGRESS**

Washington, DC (January 25, 2022) – The Association for Behavioral Health and Wellness (ABHW), the national voice for payers that manage behavioral health insurance benefits for over 200 million people, issued the following statement in response to the Department of Labor (DOL), Department of Health and Human Services (HHS), and Department of Treasury’s (Treasury) (collectively “Tri-Departments”) 2022 Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) Report to Congress.

“ABHW appreciates this report as it provides additional guidance and clarity regarding expectations for MHPAEA compliance. It is particularly notable that, according to the report, none of the comparative analyses reviewed by the tri-Departments contained sufficient information. The fact that no investigation yielded a sufficient analysis of a non-quantitative treatment limitation (NQTL) is strong evidence that regulators should issue, at a minimum, a sample NQTL analysis that health plans can use as a guide for their own analyses. A model analysis would create a greater understanding of what information is expected to be included in an NQTL analysis and help move toward a uniform compliance standard.”

“ABHW fully supports the concept of mental health parity. Since its inception, ABHW has been on the forefront of, and an advocate for, mental health parity. ABHW was instrumental in the passage of MHPAEA and its members have worked tirelessly over the past 15 years to implement parity for mental health services. While much progress has been made towards achieving mental health parity since MHPAEA was enacted, many challenges remain in fully implementing the law. Specifically, clear, detailed guidance for NQTL analysis is needed to ensure greater compliance with this landmark law.”

###

ABHW is the leading health plan association working to improve access and quality of care for mental health and substance use disorders. ABHW’s members include national and regional health plans who care for more than 200 million people. Together we work to reduce stigma and advance federal policy on mental health and addiction care.

Member companies - Aetna Behavioral Health, AmeriHealth Caritas, Anthem/Beacon, Centene Corporation/Magellan Health, Cigna, Kaiser Permanente, New Directions Behavioral Health, and Optum.