



## **FOR IMMEDIATE RELEASE**

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## **The Association for Behavioral Health and Wellness (ABHW) Responds to the 2024 Mental Health Parity and Addiction Equity Act Report to Congress**

**Washington D.C.** – 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 U.S. Departments of Labor (DOL), Health and Human Services (HHS), and Treasury’s 2024 Mental Health Parity and Addiction Equity Act (MHPAEA) [Report to Congress](#).

ABHW and our members appreciate the release of the 2024 Report to Congress, which highlights how health plans and issuers have largely made significant strides in ensuring parity for benefits and improvements in their documentation and compliance efforts. The 2024 Report to Congress also states that health plans have conducted more detailed analyses and responses during this reporting period. ABHW and our member companies have consistently met with regulators to understand the intent of issued guidance, actively commented on proposed regulations and guidance, and invested significant time and resources in implementing mental health and substance use disorder parity, including developing policies, procedures, and establishing cross-department teams dedicated to MHPAEA compliance.

“The 2024 Report to Congress shows how health plans are moving in the right direction,” said Association for Behavioral Health and Wellness (ABHW) President and CEO, Debbie Withey. “However, it also demonstrates that there is still a need for more guidance and clarity. Parity compliance needs to be less confusing and less complex to implement for patients to receive the care they need.”

ABHW looks forward to reviewing the 2024 Report to Congress in more detail. We ask the Trump Administration to delay enforcing the implementation of the 2024 final

rule, “Requirements Related to MHPAEA,” for one year to reexamine specific provisions and ensure that the application and enforcement are practical, effective, and efficient. We are committed to working with the incoming Trump Administration to improve the workability of the final rule in promoting access to comprehensive mental health and substance use disorder care and to achieving parity.

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#### **ABOUT THE ASSOCIATION FOR BEHAVIORAL HEALTH AND WELLNESS**

ABHW is the nation’s only health plan association that is exclusively dedicated to improving access and quality of care for mental health and substance use disorders. ABHW’s members include national and regional health plans that care for more than 200 million people. Together, we work to reduce stigma and advance federal policy on mental health and substance use disorder care. ABHW member companies – Aetna, a CVS Health Company; CareFirst BlueCross BlueShield; Centene Corporation; Elevance Health; Evernorth; Kaiser Permanente; Lucet; Magellan Health; Molina Healthcare; Optum; and PerformCare, a subsidiary of AmeriHealth Caritas. To learn more, visit [www.abhw.org](http://www.abhw.org) and follow us on [Twitter](#) and [LinkedIn](#).