



Navigating the Health and Welfare Benefits Landscape	
Date:	October 21, 2025
Time:	12:30 – 1:30 pm ET
Description:	This presentation offers a practical and timely overview of key regulatory and compliance issues impacting health and welfare benefit plans, and will cover plan structures, compliance issues, and recent developments in areas including self-funded plans, Multiple Employer Welfare Arrangements (MEWAs), COBRA, the Affordable Care Act (ACA), and Medicare Secondary Payer (MSP) rules. In this session, we will discuss the (i) compliance distinctions between fully insured and self-funded health plans, (ii) legal and practical concerns with respect to MEWAs, (iii) COBRA continuation coverage rules and guidance on avoiding common pitfalls, (iv) employer responsibilities under the ACA, including reporting and nondiscrimination requirements, and (v) Medicare Secondary Payer rules and advise on proper coordination of benefits for employers. Through this session, we will use real-world examples and agency guidance to provide colleagues at all practice levels with insights to effectively counsel clients and navigate complex federal and state requirements applicable to health and welfare benefits.
Instructor(s):	1. Nida Javaid - Of Counsel, Executive Compensation & Benefits 2. Mike Sorice - Managing Associate, Executive Compensation & Benefits

Please reach out to the [Benesch Professional Development team](#) for registration information.