

# Requirements Related to the Mental Health Parity and Addiction Equity Act

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On July 25, 2023, the federal government introduced regulations and guidance aimed at improving adherence to the requirement that insurance companies must provide mental health and substance use disorder treatment benefits on par with medical and surgical treatments, as per the Mental Health Parity and Addiction Equity Act. These new regulations propose several changes, including placing more constraints on how insurance providers can manage medical treatment, and mandating that plans and insurers gather and assess data on network adequacy and provider reimbursement rates. This is intended to ensure that individuals have fair and equal access to mental health and substance use disorder services as compared to medical and surgical services. Comments to the proposed regulations must be submitted no later than October 2, 2023.

Full more information, click [here](#).

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