Mental Health Parity Act of 2009

The Mental Health Parity Act of 2009 requires group health plans to provide mental health or substance abuse coverage (e.g., number of doctor visits or duration of care) on par with medical-surgical benefits.

For years, standard medical plan designs have included different coverage limitations for mental health benefits as compared to coverage for medical-surgical benefits. Medical plans typically placed annual limits on the number of office visits for outpatient mental health services or limited the frequency or duration of services.

Check your MIT health plan for information on mental health benefits.