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## stop the clock

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Robert Lowe  
*MSK Client Alert*

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The US Department of Labor (DOL) has “stopped the clock” on many employee benefit plan deadlines during the period starting March 1, 2020 and ending 60 days after the end of the COVID-19 National Emergency (referred to by the DOL as the “Outbreak Period”), including the following:

- 60-day period for an employer to provide notice of the right to elect continuation of health coverage under COBRA
- 60-day period for a plan participant to elect continuation of health coverage under COBRA
- 45- or 30-day period for a plan participant to pay for COBRA coverage
- Applicable plan period for filing claims for benefits
- 180-day period for appealing denials of claims for benefits
- 30- or 60-day period for a plan participant to seek special enrollment when someone loses other plan coverage or adds a spouse or dependent

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### **attorneys**

Robert J. Lowe

### **practice areas**

labor & employment