



# 131st MAINE LEGISLATURE

## FIRST REGULAR SESSION-2023

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Legislative Document

No. 278

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H.P. 176

House of Representatives, January 26, 2023

### **An Act to Require Health Plans to Cover an Annual Mental Health Wellness Examination**

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Reference to the Committee on Health Coverage, Insurance and Financial Services  
suggested and ordered printed.

A handwritten signature in cursive script that reads "R B. Hunt".

ROBERT B. HUNT  
Clerk

Presented by Representative OSHER of Orono.  
Cosponsored by Senator MOORE of Washington and  
Representatives: ARFORD of Brunswick, BRIDGEO of Augusta, CLUCHEY of  
Bowdoinham, GEIGER of Rockland, PERRY of Calais, Senator: BEEBE-CENTER of Knox.

1 **Be it enacted by the People of the State of Maine as follows:**

2 **Sec. 1. 24-A MRSA §4320-A, sub-§1**, as enacted by PL 2017, c. 343, §1, is  
3 amended to read:

4 **1. Preventive services.** A health plan must, at a minimum, provide coverage for:

5 A. The evidence-based items or services that have a rating of A or B in the  
6 recommendations of the United States Preventive Services Task Force or equivalent  
7 rating from a successor organization;

8 B. With respect to the individual insured, immunizations that have a recommendation  
9 from the federal Department of Health and Human Services, Centers for Disease  
10 Control and Prevention, Advisory Committee on Immunization Practices and that are  
11 consistent with the recommendations of the American Academy of Pediatrics, the  
12 American Academy of Family Physicians or the American College of Obstetricians  
13 and Gynecologists or a successor organization;

14 C. With respect to infants, children and adolescents, evidence-informed preventive  
15 care and screenings provided for in the most recent version of the comprehensive  
16 guidelines supported by the federal Department of Health and Human Services, Health  
17 Resources and Services Administration that are consistent with the recommendations  
18 of the American Academy of Pediatrics or a successor organization; ~~and~~

19 D. With respect to women, such additional preventive care and screenings not  
20 described in paragraph A, provided for in the comprehensive guidelines supported by  
21 the federal Department of Health and Human Services, Health Resources and Services  
22 Administration women's preventive services guidelines that are consistent with the  
23 recommendations of the American College of Obstetricians and Gynecologists  
24 women's preventive services initiative; ~~and~~

25 E. An annual mental health wellness examination of up to 60 minutes that is performed  
26 by a qualified mental health care provider, that is no less extensive than the coverage  
27 provided for an annual physical wellness examination in accordance with this section  
28 and that complies with the requirements of federal and state mental health parity laws.

29 **Sec. 2. Application.** The requirements of this Act apply to all policies, contracts  
30 and certificates executed, delivered, issued for delivery, continued or renewed in this State  
31 on or after January 1, 2024. For purposes of this Act, all policies, contracts and certificates  
32 are deemed to be renewed no later than the next yearly anniversary of the contract date.

33 **SUMMARY**

34 The bill provides that health plans must provide coverage for an annual mental health  
35 wellness examination. The requirements apply beginning on January 1, 2024.