



Life Event: Dependent turns 26

When coverage ends and proof of loss of coverage:

Medical, Dental, and/or Vision coverage for your dependent child will end on the last day of the month in which they turn age 26; all other voluntary benefits will end on the day they turn age 26. After coverage has ended, COBRA enrollment information for eligible benefits will be mailed to the home address on file. Additionally, a letter will be mailed notifying you your child's loss of coverage. This is an official document that the dependent can use to show they lost coverage.

Change your health insurance enrollment:

The dependent is removed from your coverage automatically at the end of the month in which they turned age 26. No action is required on your part. If a premium change is required due to a coverage tier change, your payroll deduction is automatically updated. Please review your paystubs to ensure the proper deduction is being taken.

Reminders & Resources

❖ Benefits Team Contact Information:

- Email: LBH_Benefits@lifebridgehealth.org
- Fax: 410.469.5161

❖ Benefits Website: www.lifebridgehealth.org/benefits

- Benefits Guides
- Medical Option Charts
- Insurance Policies
- Insurance Carriers contact information (also on [My Mobile Wallet.](#))

❖ GHR Website: www.onlinelbh.org/ess

- **GHR Job Aid** on [Benefits Website](#) under "View your current Benefit Election"

❖ EAP Resources: Carebridge www.myliferesources.com

- access code KKNH3 or call 1-800-437-0911 for confidential counseling and referrals for personal, family and work-related issues