



# COBRA CONTINUATION REQUIREMENT NOTICE

HUMAN RESOURCES

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Employee Support Services | One Washington Square | San José, CA 95192-0046

408-924-2250 | 408-924-1701 (fax)



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## D. Electing COBRA

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408-924-2250 | 408-924-1701 (fax)

San Jose State University  
One Washington Square  
San Jose, CA 95192-0046  
(408) 924-2270

## H. California Continuation Rights for Certain Qualified Beneficiaries

Please contact your insurance company or HMO for information about rights to continue coverage in certain situations after the expiration of Federal COBRA coverage.

## I. Conversion Privilege after COBRA Terminates

You and your enrolled dependents may be entitled to a conversion policy upon the expiration of COBRA coverage. In the event you do not elect COBRA coverage, you may still apply for conversion to an individual medical policy. If you wish to convert your medical coverage to an individual conversion policy, you must make your application within 30 days from the date that coverage terminates to ensure continuous coverage. If you elect COBRA coverage, you will have the option to convert your medical coverage to an individual policy during the last 180 days of the maximum 18, 29, or 36-month COBRA coverage period.