

## Cancelling Coverage

COBRA coverage can be cancelled at any time.

In order to cancel your COBRA coverage you must notify us in writing. Most participants choose to email our continuation of benefits team at [cobra@sbgj.com](mailto:cobra@sbgj.com). Please be sure to include your name, date of birth, and former employer name so we are able to identify you. Please include which coverage you want to drop, who you want to drop the coverage for, and the date you want the coverage to end. You can also send the notification by mail to: **Sentinel Group Attn: COBRA 100 Quannapowitt Parkway Suite 300 Wakefield MA 01880**

If you have other questions or need assistance with your COBRA coverage or enrollment please contact our **Service Center**.

\*Please note that non-payment of premiums will also result in cancelled coverage.

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