



104TH GENERAL ASSEMBLY

State of Illinois

2025 and 2026

SB3688

Introduced 2/5/2026, by Sen. Meg Loughran Cappel

SYNOPSIS AS INTRODUCED:

215 ILCS 5/356z.88 new	
225 ILCS 60/20	from Ch. 111, par. 4400-20
225 ILCS 65/65-60	was 225 ILCS 65/15-45
225 ILCS 95/11.5	

Amends the Illinois Insurance Code. Prohibits a group or individual policy of accident and health insurance issued or renewed in this State from imposing prior authorization or step therapy requirements on menopause therapy under specified conditions. Amends the Medical Practice Act of 1987, the Nurse Practice Act, and the Physician Assistant Practice Act of 1987 to establish provisions concerning continuing education on perimenopause and menopause recognition and management for physicians, advanced practice registered nurses, and physician assistants. Effective January 1, 2027.

LRB104 19957 BAB 33407 b

1 AN ACT concerning regulation.

2 **Be it enacted by the People of the State of Illinois,**
3 **represented in the General Assembly:**

4 Section 5. The Illinois Insurance Code is amended by
5 adding Section 356z.88 as follows:

6 (215 ILCS 5/356z.88 new)

7 Sec. 356z.88. Menopause therapy utilization management
8 protections.

9 (a) In this Section:

10 "Guideline-supported" means consistent with clinical
11 practice guidelines or consensus statements issued by
12 nationally recognized medical organizations.

13 "Menopause therapy" means any hormonal or nonhormonal
14 therapy approved by the United States Food and Drug
15 Administration for the treatment of perimenopausal or
16 menopausal symptoms.

17 "Qualified clinician" means a physician licensed under
18 the Medical Practice Act of 1987, an advanced practice
19 registered nurse licensed under the Nurse Practice Act, or
20 a physician assistant licensed under the Physician
21 Assistant Practice Act of 1987 acting within the scope of
22 the clinician's license.

23 (b) A group or individual policy of accident and health

1 insurance issued or renewed in this State shall not impose
2 prior authorization or step therapy requirements on menopause
3 therapy when all of the following conditions are met:

4 (1) the therapy is approved by the United States Food
5 and Drug Administration;

6 (2) the therapy is guideline-supported; and

7 (3) the therapy is prescribed by a qualified clinician
8 for the treatment of perimenopausal or menopausal
9 symptoms.

10 (c) Nothing in this Section shall be construed to
11 prohibit:

12 (1) formulary tiering if access to guideline-supported
13 menopause therapy is not unreasonably restricted; or

14 (2) utilization management based on documented
15 patient-specific safety concerns, contraindications, or
16 drug interactions.

17 (d) The Department shall enforce this Section and may
18 adopt rules necessary to implement this Section.

19 Section 10. The Medical Practice Act of 1987 is amended by
20 changing Section 20 as follows:

21 (225 ILCS 60/20) (from Ch. 111, par. 4400-20)

22 (Section scheduled to be repealed on January 1, 2027)

23 Sec. 20. Continuing education.

24 (a) The Department shall promulgate rules of continuing

1 education for persons licensed under this Act that require an
2 average of 50 hours of continuing education per license year.
3 These rules shall be consistent with requirements of relevant
4 professional associations, specialty societies, or boards. The
5 rules shall also address variances in part or in whole for good
6 cause, including, but not limited to, temporary illness or
7 hardship. In establishing these rules, the Department shall
8 consider educational requirements for medical staffs,
9 requirements for specialty society board certification or for
10 continuing education requirements as a condition of membership
11 in societies representing the 2 categories of licensee under
12 this Act. These rules shall assure that licensees are given
13 the opportunity to participate in those programs sponsored by
14 or through their professional associations or hospitals which
15 are relevant to their practice. Each licensee is responsible
16 for maintaining records of completion of continuing education
17 and shall be prepared to produce the records when requested by
18 the Department.

19 (b) The Department shall require physicians licensed under
20 this Act to complete continuing medical education on
21 perimenopause and menopause recognition and management. This
22 education shall:

23 (1) not exceed 2 hours per renewal cycle;

24 (2) count toward existing continuing medical education
25 requirements; and

26 (3) not increase the total number of continuing

1 education hours required for license renewal.

2 The continuing education required under this subsection
3 shall include instruction in:

4 (i) common and atypical symptom patterns of
5 perimenopause and menopause and appropriate differential
6 diagnosis;

7 (ii) appropriate and limited use of laboratory
8 testing, including when testing is not clinically
9 indicated;

10 (iii) evidence-based treatment options and referral
11 standards; and

12 (iv) mental health considerations and culturally
13 competent care related to perimenopause and menopause.

14 The Department shall approve qualifying continuing
15 education courses and may adopt rules necessary to implement
16 this subsection.

17 (Source: P.A. 97-622, eff. 11-23-11.)

18 Section 15. The Nurse Practice Act is amended by changing
19 Section 65-60 as follows:

20 (225 ILCS 65/65-60) (was 225 ILCS 65/15-45)

21 (Section scheduled to be repealed on January 1, 2028)

22 Sec. 65-60. Continuing education.

23 (a) The Department shall adopt rules of continuing
24 education for persons licensed under this Article as advanced

1 practice registered nurses that require 80 hours of continuing
2 education per 2-year license renewal cycle. Completion of the
3 80 hours of continuing education shall be deemed to satisfy
4 the continuing education requirements for renewal of a
5 registered professional nurse license as required by this Act.

6 (b) The 80 hours of continuing education required under
7 this Section shall be completed as follows:

8 (1) A minimum of 50 hours of the continuing education
9 shall be obtained in continuing education programs as
10 determined by rule that shall include no less than 20
11 hours of pharmacotherapeutics, including 10 hours of
12 opioid prescribing or substance abuse education.
13 Continuing education programs may be conducted or endorsed
14 by educational institutions, hospitals, specialist
15 associations, facilities, or other organizations approved
16 to offer continuing education under this Act or rules and
17 shall be in the advanced practice registered nurse's
18 specialty.

19 (2) A maximum of 30 hours of credit may be obtained by
20 presentations in the advanced practice registered nurse's
21 clinical specialty, evidence-based practice, or quality
22 improvement projects, publications, research projects, or
23 preceptor hours as determined by rule.

24 (c) The Department shall require advanced practice
25 registered nurses to complete continuing education on
26 perimenopause and menopause recognition and management. This

1 education shall:

2 (1) not exceed 2 hours per renewal cycle;

3 (2) count toward existing continuing education
4 requirements; and

5 (3) not increase the total number of continuing
6 education hours required for license renewal.

7 The continuing education required under this subsection
8 shall include instruction in:

9 (i) common and atypical symptom patterns of
10 perimenopause and menopause and appropriate differential
11 diagnosis;

12 (ii) appropriate and limited use of laboratory
13 testing, including when testing is not clinically
14 indicated;

15 (iii) evidence-based treatment options and referral
16 standards; and

17 (iv) mental health considerations and culturally
18 competent care related to perimenopause and menopause.

19 The Department shall approve qualifying continuing
20 education courses and may adopt rules necessary to implement
21 this subsection.

22 (c) The rules adopted regarding continuing education
23 shall be consistent to the extent possible with requirements
24 of relevant national certifying bodies or State or national
25 professional associations.

26 The rules shall not be inconsistent with requirements of

1 relevant national certifying bodies or State or national
2 professional associations. The rules shall also address
3 variances in part or in whole for good cause, including but not
4 limited to illness or hardship. The continuing education rules
5 shall assure that licensees are given the opportunity to
6 participate in programs sponsored by or through their State or
7 national professional associations, hospitals, or other
8 providers of continuing education. Each licensee is
9 responsible for maintaining records of completion of
10 continuing education and shall be prepared to produce the
11 records when requested by the Department.

12 (Source: P.A. 100-513, eff. 1-1-18.)

13 Section 20. The Physician Assistant Practice Act of 1987
14 is amended by changing Section 11.5 as follows:

15 (225 ILCS 95/11.5)

16 (Section scheduled to be repealed on January 1, 2028)

17 Sec. 11.5. Continuing education.

18 (a) The Department shall adopt rules for continuing
19 education for persons licensed under this Act that require 50
20 hours of continuing education per 2-year license renewal
21 cycle. Completion of the 50 hours of continuing education
22 shall be deemed to satisfy the continuing education
23 requirements for renewal of a physician assistant license as
24 required by this Act. The rules shall not be inconsistent with

1 requirements of relevant national certifying bodies or State
2 or national professional associations. The rules shall also
3 address variances in part or in whole for good cause,
4 including, but not limited to, illness or hardship. The
5 continuing education rules shall ensure that licensees are
6 given the opportunity to participate in programs sponsored by
7 or through their State or national professional associations,
8 hospitals, or other providers of continuing education. Each
9 licensee is responsible for maintaining records of completion
10 of continuing education and shall be prepared to produce the
11 records when requested by the Department.

12 (b) The Department shall require physician assistants to
13 complete continuing education on perimenopause and menopause
14 recognition and management. This education shall:

15 (1) not exceed 2 hours per renewal cycle;

16 (2) count toward existing continuing education
17 requirements; and

18 (3) not increase the total number of continuing
19 education hours required for license renewal.

20 The continuing education required under this Section shall
21 include instruction in:

22 (i) common and atypical symptom patterns of
23 perimenopause and menopause and appropriate differential
24 diagnosis;

25 (ii) appropriate and limited use of laboratory
26 testing, including when testing is not clinically

1 indicated;
2 (iii) evidence-based treatment options and referral
3 standards; and
4 (iv) mental health considerations and culturally
5 competent care related to perimenopause and menopause.

6 The Department shall approve qualifying continuing
7 education courses and may adopt rules necessary to implement
8 this subsection.

9 (Source: P.A. 100-453, eff. 8-25-17.)

10 Section 99. Effective date. This Act takes effect January
11 1, 2027.