

## OHP Work or Activity Rules:

# I have a disability. Do the new OHP rules apply to me?

### The Short Answer

Maybe. Many people with disabilities will not need to meet the new rules.

### The rules do not apply if you:

1

Get OHP through a program based on disability.

2

Get Supplemental Security Income, also called SSI.

3

Have both Medicare and OHP.

If you get OHP based mainly on your income, the rules may apply. However, you may not need to meet them because of a disability or a health need.

You do not need to know which OHP program you have. OHP will check your information and send you a notice if we need to know more.



### What if I work?

Having a job does not automatically mean you must meet the rules. OHP will review your disability and health needs to see if you have an exemption. An exemption means you do not need to meet the work or activity rules.

If you do not have an exemption, your income or work may help you meet the rules. Other activities may also count, such as school, job training, volunteering or caregiving.

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### How will OHP know about my disability?

OHP will use information it already has when possible, including information we receive from Social Security. You do not always need a Social Security disability decision to get an exemption.

If OHP needs more information, you will get a notice explaining what to provide and when it is due.

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### Will my disability services change?

The work or activity rules are about getting or keeping OHP. They do not decide which disability services you need.

If one of your services changes, you should get a separate notice. Talk with the person who helps manage your services if you have questions about your services.

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### What should I do?

- ✓ Read every notice you get.
  - ✓ Keep your address, phone number and email up to date.
  - ✓ Complete your OHP renewal by the date in your notice.
  - ✓ Tell OHP about a disability or health need if it is not already part of your case.
  - ✓ Ask for help if a notice is hard to understand or you need it in another language or format.
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### You can report information or manage your OHP benefits:

- Online at <https://benefits.oregon.gov/>.
- Through the free Oregon ONE Mobile app.
- By calling 800-699-9075. Relay calls are welcome.
- Call or visit a local ODHS office.



### Where to Get Help

#### Questions about OHP eligibility or the new rules

Call the ONE Customer Service Center at  
**800-699-9075.**

#### Questions about your disability services:

Contact your case manager, service coordinator, personal agent, Community Developmental Disabilities Program, DD brokerage, Children's Intensive In-Home Services, Aging and People with Disabilities office, or Area Agencies on Aging office.

You do not have to figure this out alone. Someone who helps with your services can help you find the right place to call.

Learn more at:

<https://ohp.oregon.gov/HR1>

