



OHP Work or Activity Rules:

I get ODDS services and work. Do the new rules apply to me?

The Short Answer

No. If you get ODDS services, the new OHP work or activity rules do not apply to you.

Oregon is an Employment First state. This means people with intellectual and developmental disabilities can work in regular jobs, earn fair pay and get benefits just like other employees. This has not changed.

There are new rules for the Oregon Health Plan (OHP). Some people will need to tell OHP about their work to keep their health care.

These rules are about what some people must report to OHP. These rules are not about whether a person can work or has a right to work.

Will the rules change what disability services I get?

No. If you can get ODDS services, the new rules will not change your services.

You may still get a letter about the new rules. The letter may ask you for more facts. If you get a letter, ask your services coordinator or personal agent for help. They can check to make sure you are exempt from the new rules. They also can answer questions.

What if I lose my job or work fewer hours?

If you can get ODDS services, you will still get OHP and your ODDS services. This is true even if you stop working.



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How will I know if I am exempt?

Your OHP letters will tell you if you must follow the new rules. You will not get a separate letter to say the rules do not apply to you.

You can also check your status in your ONE Online account or the Oregon ONE Mobile app. Select “View OHP Work or Activity Rules:”

- In your ONE Online account, go to the Individual Dashboard.
- In the Oregon ONE Mobile app, go to Case Details.

Or ask your services coordinator, personal agent or an eligibility worker to check for you.

What should I do?	How to report changes:
• Read each letter you get about your benefits. • Check that your status shows you are exempt. • Reply by the due date if Oregon asks for more information. • Keep your address and phone number up to date. • Ask for the letter in another language or format if you need it.	• Online at benefits.oregon.gov. • Through the free Oregon ONE Mobile app. • By calling 800-699-9075. TTY and Real-Time Text (RTT) are available. • At a local ODHS office.



Where can I get help?

Questions about OHP or the new rules?

Call the ONE Customer Service Center at **800-699-9075**. TTY and Real-Time Text (RTT) are available.

Questions about your support from ODDS or help at work:

Ask your services coordinator or personal agent for help. You can also call your local disability services office.

You can ask for help.

The person who helps with your services can tell you who to call.

Learn more at: <https://OHP.Oregon.gov/HR1>

