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OHP WORK OR ACTIVITY RULES

Applicant & Renewal Journey Maps

A community partner guide for helping OHP members understand and navigate the new eligibility rules taking effect January 1, 2027.

What's inside:

Overview

Important things for new applicants and existing enrollees to know.

Applicant Journey

A full step-by-step guide for new OHP applications, including an example.

Renewal Journey

A full step-by-step guide for OHP renewals, including an example.

Appendices

Reference material: exemptions, ways to meet the rules, how the state checks, other coverage options, and a summary of notices members may receive.

OHP Applicant & Renewal Journeys — Overview

How the two journeys compare. Rules take effect January 1, 2027. First renewals affected by the rules are due in March 2027.

WHAT'S DIFFERENT AND WHAT'S THE SAME

Applicant journey

- For the rules, the state looks at just the one month before you applied to determine eligibility.
- You must be exempt, or meet the rules, for that month.
- You have 35 days to reply to a Request for Information (RFI) about the work or activity rules.

Renewal journey

- You will get a one-time advance notice in September 2026.
- The state looks at the past six months before the renewal due date to determine eligibility. You need to be exempt or meet the rules in only one month of the six.
- Your coverage may renew automatically if the state can confirm that you still qualify using information it already has. In some cases, the state may renew your coverage and still ask you for more information.
- You have 35 days to reply to a Request for Information (RFI) about the work or activity rules. If we don't hear from you, we will send you a closure notice at least 10 days before your benefits end. You can still reply during this time. It is important to reply even if you think you do not qualify.

Same on both journeys

- Same exemptions and qualifying activities. Check [Appendices](#).
- Same appeal and reapply rights: If you're denied or your benefits end because of the rules, you can request a hearing to appeal the state's decision. You can also reapply any time.
- Same options for outreach available: Members can get notices in the mail and in their ONE Online Account if they have one. They can also opt in to email notifications and reminders.

OHP Applicant & Renewal Journeys — Outreach

How the two journeys compare. Rules take effect January 1, 2027. First renewals affected by the rules are due in March 2027.

Outreach that can happen anytime, on either journey:

Status changes mid-cycle

A change that affects OHP work or activity rules status, but not benefits, triggers a Notice of Status ahead of the next renewal.

Household has mixed outcomes

If people on the case get different decisions, they get one combined email, not separate approved/denied messages for each person.

Hasn't used the ONE account

No recent login or app download? A follow-up email encourages downloading the ONE Mobile App to help track status and deadlines.





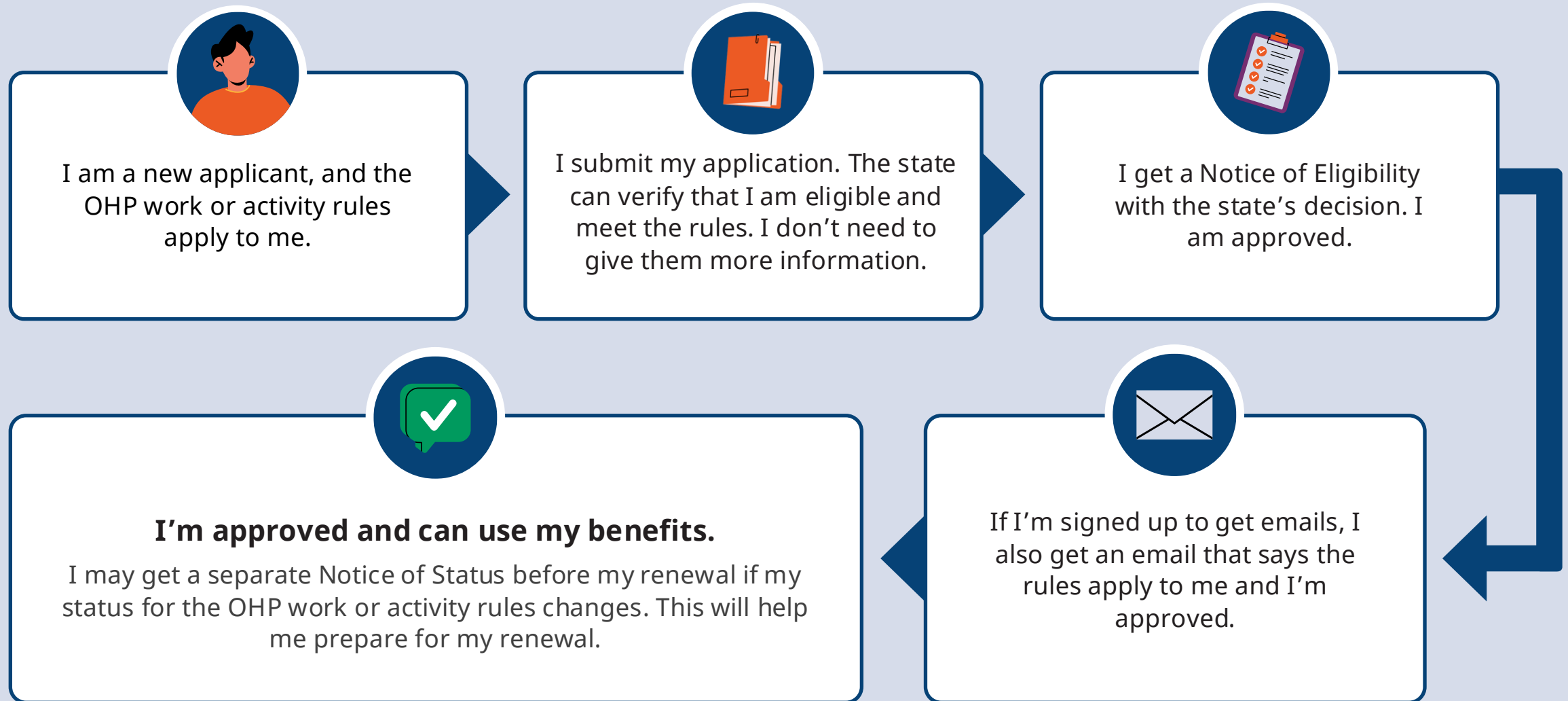
SECTION

Applicant Journey

How a brand new OHP application is checked against the work or activity rules – from submission to decision.

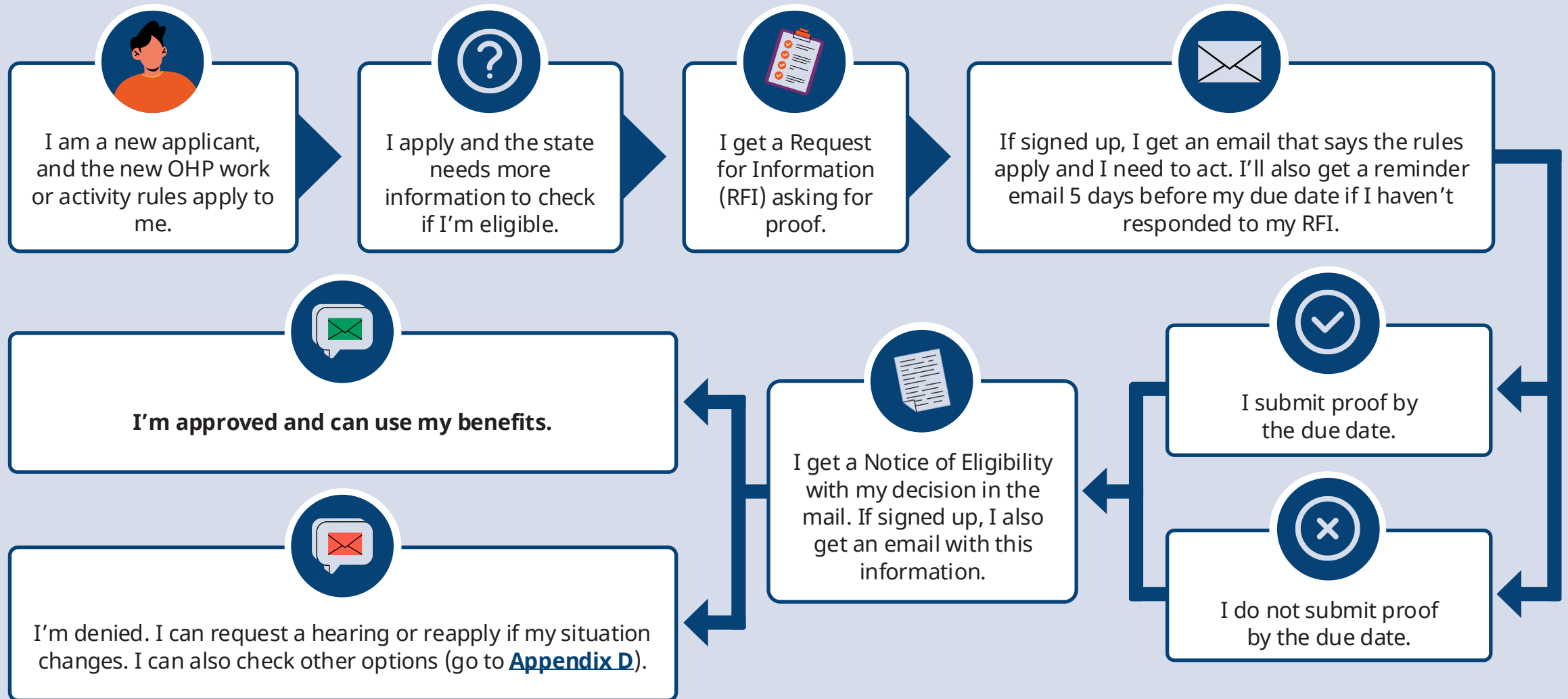
Applicant Journey — Approval Pathway

Rules take effect January 1, 2027.



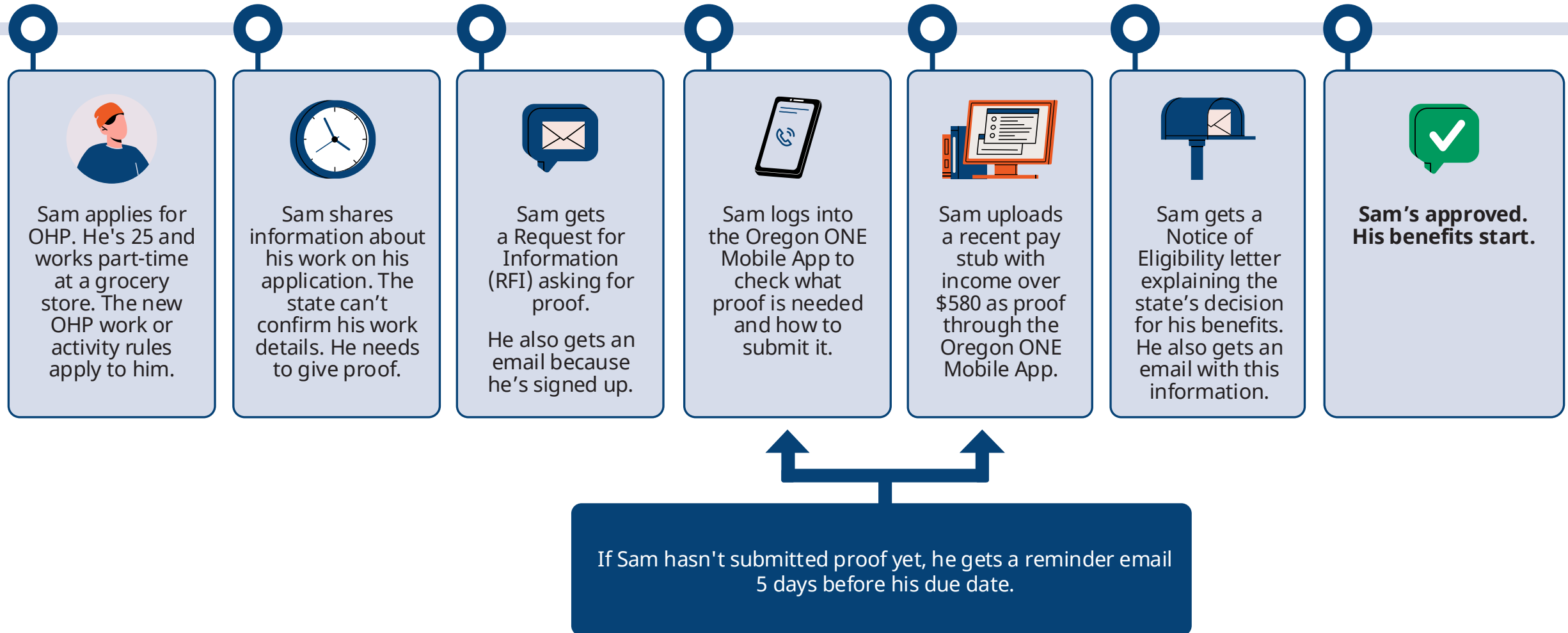
Applicant Journey — Proof Needed Pathway

Rules take effect January 1, 2027.



Scenario 1 — Sam's Example (Income)

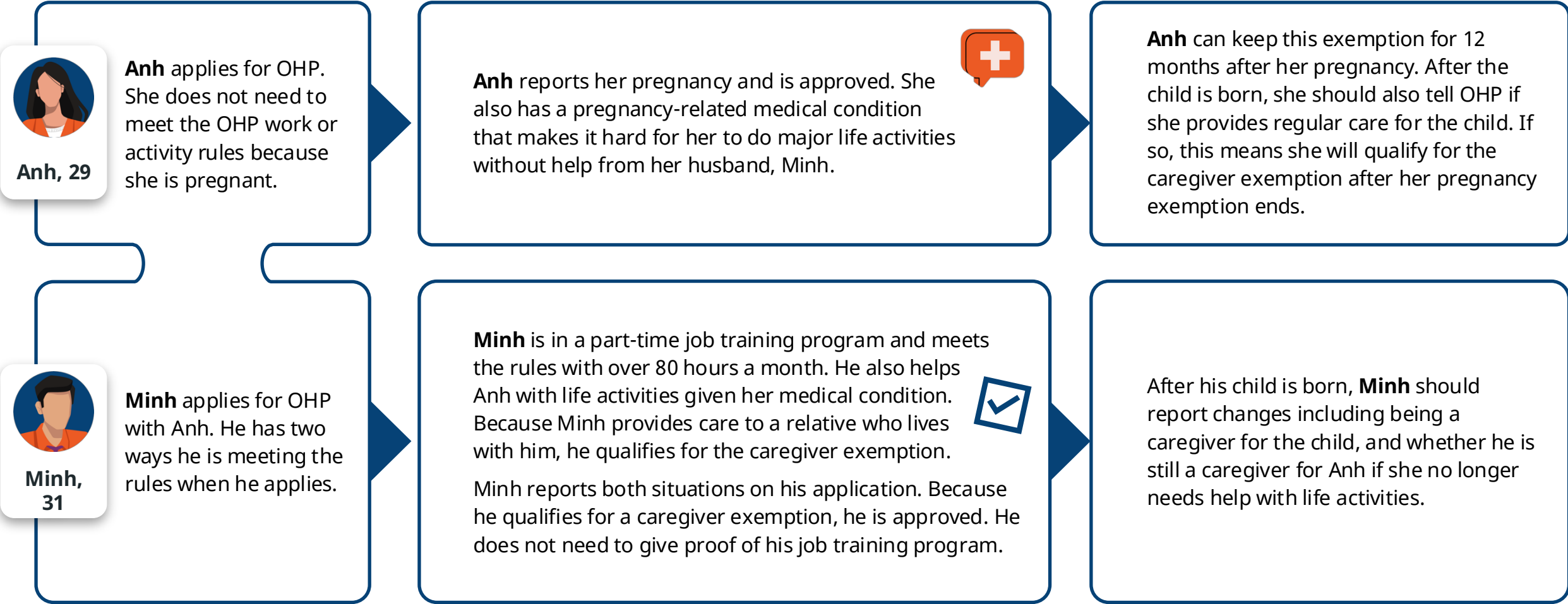
Sam is applying for OHP and needs to submit proof of his work hours. He is signed up for emails. This journey zooms in on the "proof needed" path for new applicants. Rules take effect January 1, 2027.



Scenario 2 — Nguyen Household (Exemptions)

Anh (29) and her husband Minh (31) are married and expecting their first child. They are both applying for OHP, and the work or activity rules apply to them. This journey zooms in on the exemption path for new applicants. Rules take effect January 1, 2027.

At application



Scenario 2 — Nguyen Household (Exemptions)

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At renewal



Anh, 29

At renewal, the state confirms **Anh's** pregnancy or postpartum status from existing data. She does not need to act. Her household renewal packet explains why.

For future renewals, **Anh** keeps her caregiver exemption until her child turns 14 if she continues to provide regular care for the child.



Minh,
31

At renewal, OHP may need to re-confirm **Minh's** caregiver status. If nothing has changed, he can sign his renewal packet attesting to no change. He can also qualify for other exemptions or meet the rules in other ways.



SECTION

Renewal Journey

How an existing member's coverage is checked for the work or activity rules at renewal.

Renewal Journey — Approval Pathway

First renewals affected by the rules start in January 2027.



If the new rules apply to people in our household, we get a One-Time Mass Outreach Notice in Sept. 2026 (sent once) →

(If opted in) We also get an email that says the rules apply and can read our notice online.



Our renewal begins... my family is renewing and some of us need to meet the new rules.

*Mixed household?
Each person on the case is evaluated individually.*



Nothing on our case has changed and the state can still verify that we are eligible. All required household members are exempt OR meet the rules. We get a Notice of Eligibility.



If signed up, we also get an email that says the rules apply and all required household members are approved.

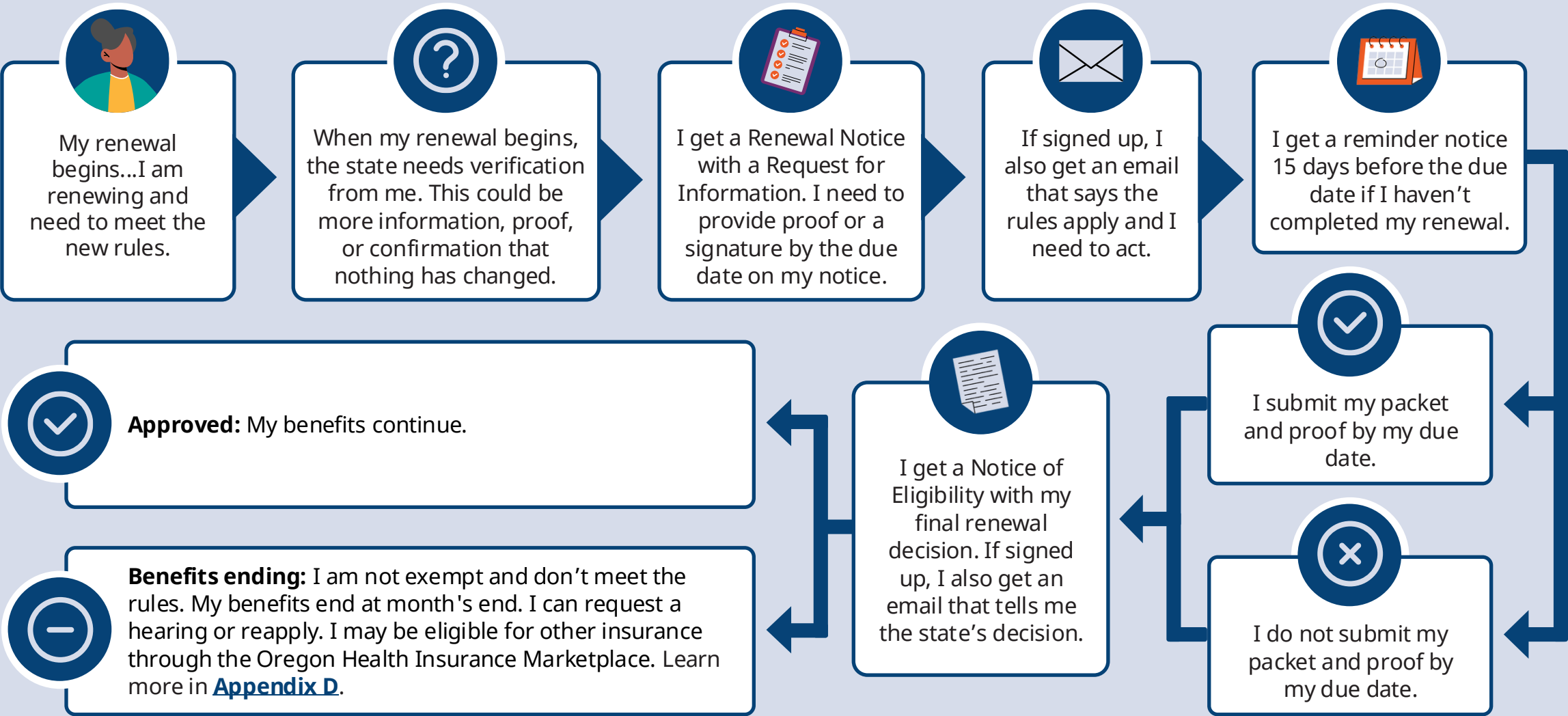


We're approved and can use our benefits.

We may get a separate Notice of Status before our renewal if someone's status for the OHP work or activity rules changes. This will help us prepare for our next renewal.

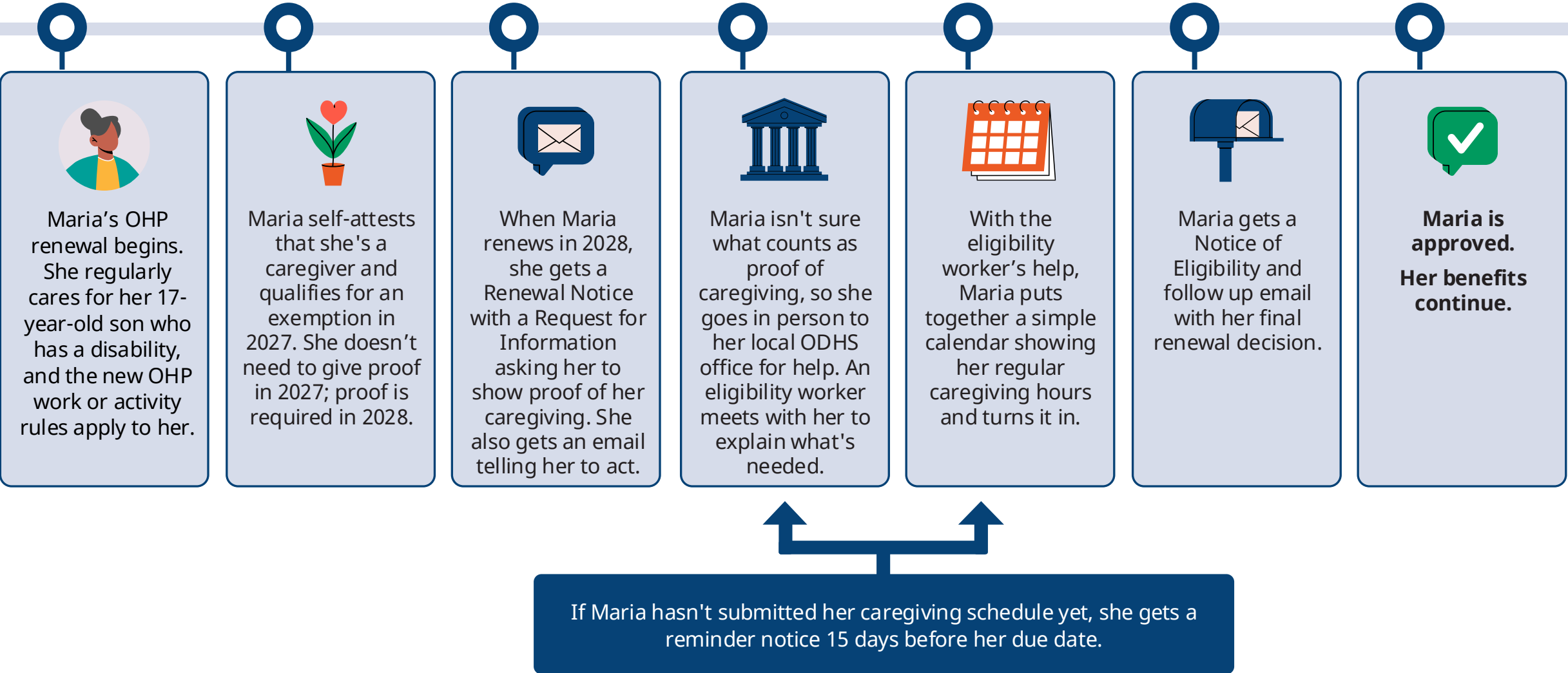
Renewal Journey — Proof Needed Pathway

First renewals affected by the rules start in January 2027.



Renewal Journey — Maria's Example (Proof Needed)

Maria is a caregiver renewing her OHP. She is signed up to get emails. This journey zooms in on the "proof needed" path for existing enrollees. First renewals affected by the rules start in January 2027.



Scenario 4 — Jerry's Example (SNAP + OHP)

Jerry gets SNAP and OHP. He is signed up to get emails. This journey zooms in on the SNAP exemption path for existing enrollees. First renewals affected by the rules start in January 2027.



Jerry gets SNAP

Jerry gets SNAP and is meeting all eligibility rules. He knows he must follow SNAP work or activity rules, and he is not exempt. He must complete his Periodic Report halfway through his benefit period to check if he is still eligible for SNAP.



Jerry also gets OHP

Jerry gets a notice in September 2026 that tells him the OHP work or activity rules apply to him.



Jerry's OHP renewal begins

OHP starts his renewal three months before his renewal due date. Jerry meets other eligibility requirements. OHP checks his SNAP case data and can automatically give him a SNAP exemption from OHP work or activity rules. He does not need to act.



Jerry's approved

Jerry gets a notice that says he's approved for OHP. It tells him he is exempt from OHP's work or activity rules because of his SNAP status. He also gets an email with his final decision.

Jerry can keep using his OHP benefits.

If Jerry's SNAP status ever changes:

Jerry's SNAP status could change. SNAP could close, or he may no longer be required to meet SNAP work or activity rules. If his status changes, he may get a separate Notice of Status to help him prepare for his next OHP renewal.

Even if Jerry loses his SNAP exemption before his next OHP renewal, his medical benefits will continue. Jerry will be checked for exemptions and qualifying activities at his next OHP renewal.



SECTION

Appendices

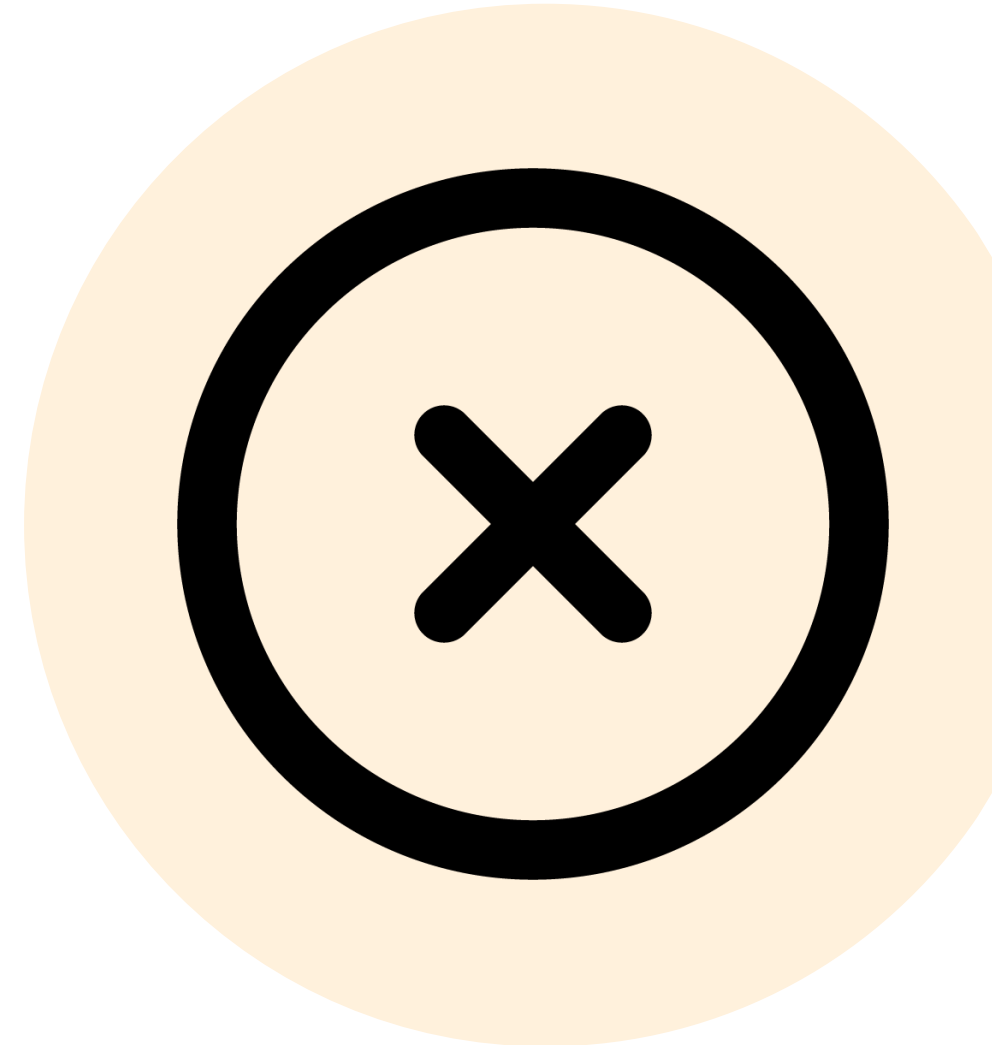
Reference material to support both journeys: exemptions, ways to meet the rules, how the state checks, what to know if you lose coverage, and a summary of notices and outreach.

Appendix A: Exemptions

Visit ohp.oregon.gov/HR1 for more information.

You don't need to meet the rules

- Under age 19 (or turned 19 within 6 months of your renewal), or age 65+
- Pregnant, or had OHP while pregnant in the prior 12 months
- Recently got OHP under a program that is not subject to work or activity rules
- Caregiver of a child under 14
- Caregiver of someone of any age with a serious or disabling health condition
- Having a serious or disabling health condition. Includes substance use disorder, disabling mental health condition, or serious illness
- A disabled veteran with a total disability rating
- In a drug or alcohol treatment program
- Currently in jail or prison or released in the past 4 months (new applicant) or 9 months (renewal).
- Left foster care at age 18 and are now 19-26
- American Indian or Alaska Native
- Eligible for or recently enrolled in Medicare Part A, or enrolled in Part B
- Subject to SNAP's work rules (whether or not you're meeting them)
- Already meeting TANF's work requirements
- Was inpatient in a hospital, nursing, or psychiatric facility or got critical outpatient care
- Live in a high-unemployment county or a disaster area



Appendix B: Ways to Meet the Rules

Visit ohp.oregon.gov/HR1 for more information.

You can meet the rules by:

Having a household monthly income of at least \$580 (seasonal workers may average over 6 months). Your household includes your spouse, children, and anyone else you list on your tax return.

Being in school at least half-time. School can be higher ed, career/technical ed, high school, GED program or equivalency. The hours will count even if it is less than half-time

Doing 80 hours a month of any combination of:

- **Work:** Paid, in exchange for goods/services, or certain unpaid work (including caregiving, if you're not already exempt for caregiving)
- **School**
- **A recognized work program** (employment and training)
- **Community service** in a structured, supervised, non-political program

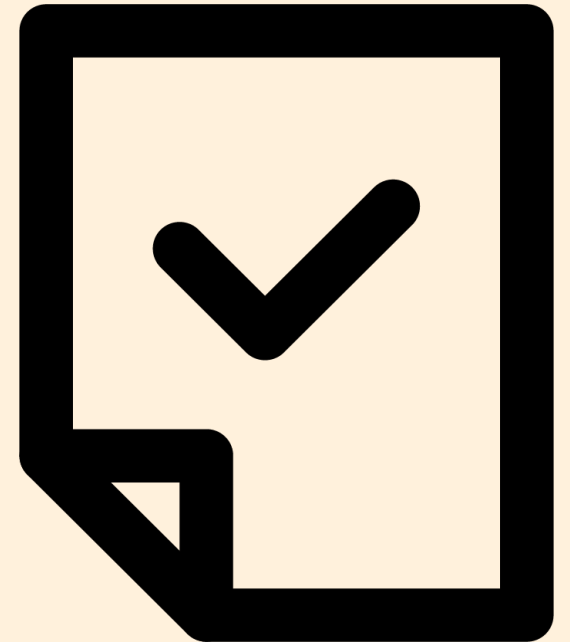


Appendix C: How the State Checks

Visit ohp.oregon.gov/HR1 for more information.

What to expect

- **OHP checks available data first** (payroll, school, other records) before asking members for anything.
- If you give permission, OHP **may be able to get proof of your income directly from your payroll.**
- **For most exemptions, you can simply tell OHP that it applies to you.** This is called “self-attesting.”
- **Self-attestation is allowed for some exemptions through 2027.** Proof is usually only required if the state can't confirm something.
- **Starting January 1, 2028, documentation is generally required** when reliable data isn't available.
- If a request for information notice is issued, **you get until your due date to show you qualify for an exemption or meet the rules** before losing coverage.



Appendix D: What to Know if You Lose Coverage

If you lose coverage because of the OHP work or activity rules:

You have the right to appeal

- If you disagree with a decision about your benefits, you can ask for a hearing to challenge the decision. If you ask for a hearing, you may also ask for your benefits to continue until the appeal is decided. Your notice will tell you ways to ask for a hearing and the deadline for requesting it. Learn more at <https://oregon.gov/oha/hsd/ohp/pages/appeals-hearings.aspx>.

You can reapply for OHP at any time.

- If you reapply, we will check if you met the work or activity rules in the month prior to your application month or if you qualify for an exemption.

You may be eligible for other insurance through the Oregon Health Insurance Marketplace.

- Visit the Oregon Health Insurance Marketplace website at <https://OregonHealthCare.gov> or call the Marketplace's toll-free number at 855-268-3767 (all relay calls accepted).
- You may not qualify for financial help if you lost OHP because you did not meet work or activity rules or did not complete your OHP renewal. This may apply if you would still qualify for OHP based on your income and other requirements.

You have options to help you pay for health care.

- **Federally Qualified Health Centers (FQHCs)** provide wide-ranging care—including medical, dental, mental health, and preventive services—regardless of your ability to pay. FQHCs use a sliding fee scale based on income and currently serve anyone, including people without insurance. Find a FQHC at orhim.info/FQHC.
- **Not-for-profit health systems financial assistance programs.** You likely qualify for free health care or care at a sliding scale at not-for-profit hospitals, health systems, and affiliated clinics. This financial help is available whether or not you have health coverage and applies after insurance is billed. If you receive care from a participating facility, you should request financial assistance.
- **For-profit health systems may have other financial assistance programs.** Be sure to ask what's available.

Appendix E: Notices and Outreach

What triggers each notice and email, and when. **Note: Email outreach requires an email address on file and opt-in contact preferences. Household members with different outcomes get one email rather than separate approved/denied messages.*

When	Notice	What the notice does	Reminder
APPLICANT JOURNEY			
At application, if proof is needed	Request for Information (RFI)	Tells you to act: Proof or information is needed, or benefits could be denied.	*Email 5 days before due date (if RFI is still open)
At application, decision made	Notice of Eligibility	Tells you the outcome: Approved (and how to keep benefits at renewal) or denied for the rules.	None
RENEWAL JOURNEY			
In September 2026	One-Time Mass Outreach Notice (sent once)	Tells you new OHP work or activity rules start in 2027 and what you should know and do.	None
At renewal, no action needed (passive)	Renewal Notice	Tells you that you're approved, exempt or meeting the rules, and when your next renewal is due.	None
At renewal, if proof or signature is needed	Renewal Notice with RFI	Tells you to act: Proof, information, or a signature is needed to keep benefits.	15 days before due date (if still open)
At renewal, final decision after proof submitted	Notice of Eligibility	Tells you the outcome: Approved, temporarily approved with a request, or closed for the rules. If benefits are ending, the NOE tells you when and what you can do.	None
CAN HAPPEN ANYTIME			
Anytime status changes without changing benefits	Notice of Status	Tells you something changed your OHP work or activity rules status (benefits don't change now) and helps you prepare for your next renewal.	None