

## What to Know if You're a Parent or Caregiver



### The Short Version

Due to federal changes, starting Jan. 1, 2027, some OHP members ages 19–64 must meet work or activity rules when they apply for or renew their coverage. Many parents or caregivers are exempt, which means they don't have to meet the rules (path 1). Caregiving can also count towards meeting the rules (path 2).

*Note: More than one person in your household can count as a caregiver.*

### ✓ Two Ways Parents or Caregivers Can Fulfill the Rules

Pick the path that fits you.

✓ **Path 1:** You live with or are related to someone you care for: this includes a child under 14 or someone of any age with a serious or disabling health condition.

⌚ **Path 2:** You care for someone who is not related to you or in your home and report caregiving hours.

| Path 1: If they're related OR living with you                                                                                                                                                                                                                                         | Path 2: If they're not related AND not living with you                                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>You're exempt and don't need to meet the rules. Tell OHP you're their parent, relative, or caregiver. If they're on your case, this is usually already on file.</p> <p><i>Are you a legal guardian, not a parent or relative? You'll need a court order or legal document.</i></p> | <p>Tell OHP you provide at least 80 hours of care a month. Don't provide 80 hours a month? You can combine your caregiving hours with other activities (like work, volunteering, school, or training) to meet the rules.</p> <p><i>Through 2027, tell OHP about your hours. Starting 2028, send a calendar, schedule, or other proof of your hours.</i></p> |

### ? There are Other Ways to Meet the Rules

Visit <https://OHP.Oregon.gov/HR1> for the full list of exemptions and qualifying activities.

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## If OHP Needs More Information From You

You'll get a notice that says what to send, how, and by when.

Don't have the exact paperwork listed in your notice? Tell OHP what you have. There may be other ways to show proof.



## What You Can Do

- ✓ Update your contact information and communication preferences. Text and email functionality is newly improved!
- ✓ Reply to any notice with a due date.
- ✓ Check for exemptions or other ways to meet the rules.



## Where to Get Help and Learn More



**Learn more about HR1**

<https://OHP.Oregon.gov/HR1> →

**Online - use the free Oregon ONE Mobile app or create a ONE Online account**

<https://benefits.oregon.gov>

**Call**

1-800-699-9075 (Relay calls are welcome)

**Find an OHP assister**

<https://oregonhealthcare.gov/GetHelp>

**Visit an Oregon Department of Human Services office**

Find a local office at  
<https://ODHSoffices.oregon.gov>