

OHP Work or Activity Rules: What to Know if You're Experiencing Houselessness



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. This document explains how to qualify for an exemption or meet the rules, and how to stay connected to OHP when you're experiencing houselessness.



You May Be Exempt from the Rules

Check if one or more of these applies to you. If it does, you may not need to work, volunteer, go to school, or do training or other activities to keep your OHP. You may need to give us proof.

- ✓ You have a disability or serious or disabling health condition
- ✓ You care for a child under 14
- ✓ You were recently released from jail or prison
- ✓ You have an alcohol or drug use disorder, or are in treatment
- ✓ You are American Indian or Alaska Native
- ✓ You are a Veteran with a total disability rating
- ✓ You care for someone of any age with a disability or serious or disabling health condition
- ✓ You are pregnant (or were, in the last year and receiving OHP)
- ✓ You had or have Medicare Part A or Part B, or you qualify for Medicare
- ✓ You were in foster care and are under 26
- ✓ You spent at least one night as a patient in a hospital or similar place

You may qualify for another exemption not listed above.

Visit <https://OHP.Oregon.gov/HR1> for the full list.

Not sure if one of these applies to you? Tell OHP anyway.

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Don't Qualify for an Exemption? 3 Ways to Meet the OHP Work or Activity Rules

If none of the exemptions apply to you, here's how to meet the rules.

1

Income

Make more than
\$580 a month.

2

School

Be enrolled at
least half-time.

3

Hours

Mix work, volunteering,
school, or training for
80 hours a month.



How to Stay Connected to OHP

Make sure your county is up-to-date. You do not need a permanent address to get or keep OHP. Keep your phone number, email, or mailing address updated if you can.

Check your ONE Online account at <https://benefits.oregon.gov/>. You can create an online account or use the free Oregon ONE Mobile app to check your case anytime, from anywhere. You can also see your notices.

Work with an OHP-certified assister. Find one at <https://oregonhealthcare.gov/GetHelp>.

Decide if you'd like to name an authorized representative to help you. This should be someone else you trust. OHP will contact both you and that person for notices, and they can help you send proof or respond to requests.



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.

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What You Can Do to Keep your OHP

- ✓ 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.
- ✓ Decide if you would like to name an authorized representative to help you.



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>