

Work or Activity Rules: What you need to know if you get both SNAP and OHP



If you get benefits through both the Supplemental Nutrition Assistance Program (SNAP) and Oregon Health Plan (OHP), you may need to follow separate work or activity rules to keep your benefits. OHP work or activity rules begin in January 2027.

Two sets of rules

SNAP and OHP both have work or activity rules. The rules are not the same. Each program has its own:



Work or activity rules



Exemptions



Renewal timelines

How do I know which rules apply to me?

When it's time to renew, you will get separate letters from OHP and SNAP. Your letters will tell you:

- If you must meet work or activity rules.
- What you need to do next.



Are you required to
meet SNAP work or
activity rules?



Yes

You **DO NOT** need to meet OHP work or activity rules. Meeting SNAP rules counts for both programs.



No

You **MAY** need to meet OHP work or activity rules. Your letter from OHP will tell you if you need to meet those rules.

Exemptions

You may not need to meet work or activity rules

Some people do not need to meet work or activity rules. This is called an exemption. Both SNAP and OHP have exemptions. Here are some examples of exemptions that apply to both programs:

- You care for a child or someone with a disability.
- You have certain health conditions.
- You're in alcohol or drug treatment.
- You're pregnant.
- More exemptions can be found online.



SNAP and OHP have different exemptions.
You might qualify for an exemption in one program but not the other.

For a full list of exemptions, visit <https://OHP.Oregon.gov/HR1>.

If you are NOT exempt

Both programs require a minimum amount of work or qualifying activities, which could include:

- Paid work
- Volunteering
- Caregiving or other unpaid work
- Trading work for housing or other needs
- Enrolling in school or a training program
- Students may be exempt from SNAP work rules.
For OHP, enrolling in school can meet the activity rules.
- Any mix of these activities.



We can help you figure out if you are meeting these rules and what proof you need to turn in, like hours, dates, and signed forms.

What to do now

- ✓ Keep your contact information up to date
 - Tell us if your address, email, or phone number changes so you don't miss important information.
- ✓ Report exemptions, qualifying work or activities, or changes to both programs: Use your ONE Online account or Oregon ONE Mobile App at <https://benefits.oregon.gov>, call ONE Customer Service at 800-699-9075, or visit a local office at <https://ODHSoffices.oregon.gov>.
- ✓ Read all mail from SNAP and OHP
- ✓ Meet all deadlines
- ✓ Report changes that may affect your exemptions
- ✓ Ask questions anytime



Contact us

You can reach out to

- Understand SNAP and OHP work or activity rules
- Report your work or activities
- Report exemptions
- Get help meeting the rules



Go to <https://benefits.oregon.gov>



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



Find an OHP assister who can help at
<https://oregonhealthcare.gov/gethelp>



Visit an Oregon Department of Human Services office. Find a local office at

<https://ODHSoffices.oregon.gov>



Scan the QR code to learn more about SNAP work rules

<https://Oregon.gov/snapworkrules>



Scan the QR code to learn more about federal changes

<https://OHP.Oregon.gov/HR1>

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Email us at one.communications@odhsosha.oregon.gov or call 833-947-1694. We welcome all relay calls.

