

OHP Work or Activity Rules:

What to Know if You Have a Disability, Serious Health Condition, or Get Long-Term Services and Supports



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. OHP is Oregon’s Medicaid program. Many people with disabilities or serious health conditions may be exempt, which means they don’t need to meet the rules. This document explains what you should know if you have a disability, have both Medicare and OHP, or get long-term services and supports (LTSS) or similar services.



You May Be Exempt from the Rules

Check if one of these applies to you. You may not need to meet the new work or activity rules to get or keep your OHP. You may need to give us proof.

- ✓ You are age 65 or older
- ✓ You get OHP through a program based on disability
- ✓ You have a disability or serious or disabling health condition, including a mental health condition
- ✓ You get Supplemental Security Income (SSI)
- ✓ You spent at least one night as a patient in a hospital or similar place
- ✓ You are a Veteran with a total disability rating
- ✓ You had or have Medicare Part A or Part B, or you qualify for Medicare
- ✓ You have an alcohol or drug use disorder, or are in treatment (includes medications for opioid abuse disorder)



You may qualify for another exemption not listed above

Visit <https://ohp.oregon.gov/HR1> for the full list of exemptions. Not sure if one of these applies to you? Tell OHP anyway.

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Everyone's Situation is Different. Here's What to Know if You:

Have a disability, including if you work	Many people with disabilities or serious health conditions will not need to meet the rules. • You do not need to meet the rules if you have an exemption (check page 1). • You do not need to know which OHP program you have or provide a Social Security disability decision to get an exemption. OHP will use information it already has to check your status and send you a notice if more proof is needed. • If you don't have an exemption, your income, work, or other activities like school, job training, volunteering, or caregiving may help you meet the rules.
Have Medicare and OHP (dual eligible)	You do not need to meet the rules if you have Medicare. • The rules do not apply while you have Medicare. Tell OHP if you get or lose Medicare. If your Medicare ends, OHP will check whether the rules apply to you. • Medicare stays your main health coverage. OHP may help pay some of your Medicare costs or cover services like dental care and rides to health care visits. Show all your health coverage cards when you get care. • If you also get SNAP: SNAP and OHP have different work or activity rules. Having Medicare does not always mean you are exempt from the SNAP rules. Learn more at https://oregon.gov/odhs/food/Pages/snap-ohp-work-rules.aspx • If your immigration status is not Lawful Permanent Resident, Compact of Free Association, or Cuban/Haitian Entrant: Your Medicare may end in January 2027. Help paying your Medicare costs may end sooner. Your OHP may move to Healthier Oregon, which gives the same benefits. Your care will also move to OHP Open Card. Ask your health care providers if they accept OHP Open Card so you can plan your care if they don't.
Get long-term services and supports (LTSS) or similar services	Getting LTSS or similar services does not decide whether the rules apply to you. • Many people who get LTSS, Intellectual and Developmental Disability (I/DD) services, or similar services will not need to meet the rules. • LTSS helps with daily activities because of age, disability or health needs, including help you get at home, in an adult foster home or group home, or in an assisted living, residential care, memory care, or nursing facility. • The rules don't decide which services or how many service hours you get. If one of your services changes, you should get a separate notice.

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What You Can Do

- ✓ Update your contact information and communication preferences. Text and email functionality is newly improved!
- ✓ If you want, you can name someone close to you as an authorized representative who can act on your behalf for renewals and updates.
- ✓ Tell OHP about a disability or health need if it's not already part of your case.
- ✓ Reply to any notice with a due date.
- ✓ Ask for help if a notice is hard to understand or you need it in another language or format.



Where to Get Help and Learn More

Learn more about HR1

[OHP.Oregon.gov/HR1](https://oregon.gov/HR1)



Online or via mobile app

<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>

Questions about your disability services?

- Contact your case manager, service coordinator, personal agent, local disability services program or office
- Call the Aging and Disability Resource Connection at 855-673-2372
- Visit <http://medicare.gov> or call 1-800-MEDICARE (1-800-633-4227), 1-877-486-2048 (TTY users)



You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact OHP at one.communications@odhsoha.oregon.gov.