

What to Know if You Were Recently Released from Jail, Prison, or another Carceral Setting



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 were recently released from a carceral setting like a jail, prison, juvenile detention center, or youth correctional facility.



You May Be Exempt from the Rules If You were Recently Released from Jail, Prison, or another Carceral Setting

Check if one or more of these applies to you. 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 are a new applicant for OHP and were released in the last four months**
- ✓ **You are renewing your OHP and were released in the last nine months**

You may qualify for another exemption if

- ✓ You have a disability or a serious or disabling health condition
- ✓ You are American Indian or Alaska Native
- ✓ You are a Veteran with a total disability rating
- ✓ You are required to meet SNAP work or activity rules
- ✓ You have an alcohol or drug use disorder, or are in treatment (includes medications for opioid abuse disorder)

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

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

OHP Work or Activity Rules:

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How to Stay Connected to OHP

If you do not have a permanent address, 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.



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>

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If OHP Needs More Information From You

You'll get a notice that says what to send for the rules, how, and when. This can arrive in the mail or email, if you've opted in.

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

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.

Visit <https://OHP.Oregon.gov/HR1> for more information.