Exemptions for OHP Work or Activity Rules

An Explainer and Checklist for Exemptions

What to know:

- Due to federal changes, starting January 1, 2027, most adults ages 19–64 on the Oregon Health Plan (OHP) must work, go to school, volunteer, do job training, or qualify for an exemption when they apply for or renew their OHP (also called Medicaid) coverage. Keep your contact information updated and reply to renewal mail.
- An **exemption** is a reason you don't need to or cannot meet the rules. You may need to tell us about your situation or give us proof.
- This guide explains each exemption, how to know if it applies to you, and what to do next.

Instructions: For each exemption, ask yourself, "does this describe me?" If yes, follow the step(s) to show you qualify.

How to get help or report your information:

- Log into your ONE Online Account or Oregon ONE Mobile App at https://benefits.oregon.gov. **NEW:** Chatbot support is available to help answer eligibility questions 24/7.
- Call 800-699-9075. Relay calls welcome.
- In person at your local Oregon Department of Human Services (ODHS) office. Find one at https://ODHSoffices.oregon.gov.
- With help from an OHP assister. Find one at https://OregonHealthCare.gov/GetHelp.

Scan the QR code to learn more about federal changes

https://OHP.Oregon.gov/HR1

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.

1. Checked Automatically

You do not need to tell us about these exemptions or provide any documents. We check for these using existing records.

- **SNAP work rules:**
  You get Supplemental Nutrition Assistance Program (SNAP) food benefits and must meet SNAP's work rules. Meeting SNAP work rules counts for OHP too. You don't need to separately meet OHP's rules. However, if you are exempt from SNAP work rules, you still need to meet OHP's work or activity rules or qualify for a different exemption.
- **TANF work rules:**
  You get Temporary Assistance for Needy Families (TANF) cash assistance and already meet TANF's work rules.
- **Under age 19:**
  You are 18 years old or younger.
- **Former Foster Youth:**
  You were in foster care when you turned 18 and are now 19–26.
- **Covered by another OHP program:**
  You qualify for OHP in a program that doesn't require work or activity rules.
- **Live in a high-unemployment county:**
  You live in a county with a high unemployment rate. We will tell you if this applies to you.
- **Live in a disaster area:**
  You live in a county the federal government has declared a disaster area.

2. Tell Us

Just tell us if these exemptions apply to you by reporting your information. You do not need to send any proof.

Exemption	Does this describe you?	How to show you qualify
American Indian/ Alaska Native	You're an enrolled member of a federally recognized tribe (or your parent or grandparent is) or a shareholder in an Alaska Native Corporation. This also covers people who get care from Indian Health Services or a Tribal or Urban Indian clinic.	Tell us this applies.
Pregnant or recently pregnant	You're pregnant, recently became pregnant, or you had OHP coverage while pregnant sometime in the last 12 months.	Tell us this applies, especially if you recently became pregnant. That way we'll know this exemption applies to you.
Recently released from jail or prison	You were released from jail or prison within the last 4 months if you are a new applicant or the last 9 months if you are renewing.	Tell us this applies.

3. Tell Us or Give us Proof (1 of 3)

It might be enough to just tell us if an exemption applies to you. Or we might ask you to send proof.

Exemption	Does this describe you?	How to show you qualify
Have Medicare	You have Medicare Part A or Part B, or you qualify for Medicare.	We can usually verify this automatically. If we ask for proof, you can give us a Medicare card, Medicare letter, or any document that shows your Medicare coverage.
Certain serious or disabling health conditions	You are receiving care for a serious or disabling health condition that prevents you from working at least part time. Many types of conditions that require medical care or services may qualify, including things like: • **Temporary conditions**: Recovering from major surgery (like cardiac bypass); a serious injury (like fractures); pneumonia; or a hospital or care-facility stay for a complex condition. • **Serious or long-term conditions**: Cancer requiring chemotherapy or radiation, dialysis, Crohn's disease, chronic obstructive pulmonary disease (COPD), major depressive disorder, or a substance use disorder. • **Conditions requiring frequent monitoring or treatment**: Diabetes with complications or cystic fibrosis. • **Life-long conditions**: Down syndrome (trisomy 21), cerebral palsy, blindness, or another major physical, intellectual, or developmental disability. • **Social Security benefits**: Receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI).	Tell us this applies. You do not need a statement from a medical provider in 2027. Visit your primary care provider at least once a year and attend follow up appointments. If you are regularly receiving care, your medical records may be enough for us to verify an exemption. If we ask for proof (starting in 2028), we may need a statement from a medical provider.

3. Tell Us or Give us Proof (2 of 3)

Exemption	Does this describe you?	How to show you qualify
Veteran with total disability rating	The Department of Veterans Affairs (VA) has assigned you a 100% disability rating.	If we ask for proof, you can give us a copy of your VA award letter. If your rating isn't permanent, you need to confirm your disability rating status every 12 months.
Caring for a child under 14	You're the parent, guardian, or caregiver who regularly takes care of a child 13 or younger.	Tell us this applies and your relationship to the child. If we ask for proof (starting in 2028), give us a calendar, schedule, or other document showing your caregiving hours.
Caring for a person with a disability or serious or disabling health condition	You regularly care for a family member or someone else with a disability or a serious or disabling health condition. This includes people you're not related to or don't live with as long as you provide at least 80 hours of care a month.	Tell us this applies and your relationship to the person. If we ask for proof (starting in 2028), give us a calendar, schedule, or other document showing your caregiving hours.
In drug or alcohol treatment	You currently participate in or participated in services or supports to treat a drug or alcohol use disorder within the past 5 years.	Tell us this applies. If we ask for proof (starting in 2028), give us a bill or document from your provider or counselor showing treatment dates.
Getting inpatient or residential care	You spent at least one night as a patient in a hospital, nursing facility, behavioral or mental health facility, or similar place.	Tell us this applies. If we ask for proof (starting in 2028), give us a bill, discharge papers, or a document from your provider.

3. Tell Us or Give us Proof (3 of 3)

Exemption	Does this describe you?	How to show you qualify
Traveling for medical care	You (or your child or tax dependent) were away from home for seven or more days out of a month to get medical care, or you missed work, school, or job activities to help that person.	Tell us this applies. In 2028, give us discharge papers or a document from your provider.

Example Scenarios

Pregnancy

Example: Priya is 8 months pregnant and gets OHP. She has already reported her pregnancy, so the state sees it in her records. She is exempt from the rules and doesn't need to provide a supporting document.

After her baby is born, the exemption automatically applies for 12 months. If Priya is still within the 12-month post-partum window at renewal, she doesn't need to do anything. After 12 months, she may qualify for an exemption as the caregiver of a child under 14. She will need to provide proof, such as a school or care schedule.

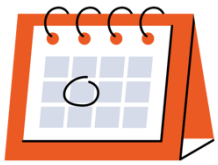
SNAP

Example: Jamal is exempt from SNAP's work rules, so he doesn't need to work to keep his SNAP benefits. He assumes this also excuses him from OHP's work or activity rules. Being exempt from SNAP's rules doesn't automatically exempt Jamal from OHP's. He still needs to work, volunteer, go to school, or qualify for an OHP exemption to keep his medical coverage.

Example Scenarios (Continued)

American Indian/Alaska Native

Example: Elena is an enrolled member of a federally recognized tribe and receives care at a Tribal health clinic. She tells the state she's a tribal member. This exemption never expires or needs to be renewed. The same is true if Elena is an Alaska Native Corporation shareholder or receives care through Indian Health Service or an Urban Indian clinic, even without formal tribal enrollment.



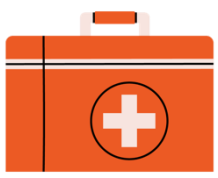
In Drug or Alcohol Treatment

Example: Marcus completed outpatient treatment for opioid use disorder in March 2026. When he renews in 2027, the state has his treatment on file, so he doesn't need to provide any additional information. When he renews in 2028, he will qualify for a substance use disorder exemption until he has been in sustained recovery for 5 years. He may need to provide proof from a provider.

Caring for a Person with Disabilities

Example: Robert cares for his adult son, who has a serious disability, and they live together. Because they're related and share a household, Robert doesn't need to track a specific number of caregiving hours. He can tell the state about his caregiving and does not need to give proof.

His neighbor Ana also cares for a friend with a disability, but they aren't related and live in separate homes. Ana will need to show she provides at least 80 hours of care in 2028 to meet an exemption. If she doesn't, she can use the hours she does provide care in combination with other work, school, volunteer, or job activities to meet the 80 hours a month.



Having a Serious Health Condition

Example: Meg has type 1 diabetes and has complications from it that make it hard for her to work, volunteer, or go to school. She has regular appointments with her doctor to adjust her medications. The state sees this in her records. She doesn't need to tell us or give us proof.