



OREGON DEPARTMENT OF
Human Services



<<Recipient Name>>
<<Street Address>>
<<City, State>>>> <<Zip>>



New OHP Rules Begin 01/01/2027

Hello << Case Name>>,

Oregon Health Plan (OHP) work or activity rules begin January 1, 2027. These new federal rules are required by the House Resolution 1 law. One or more people in your household may need to meet the rules to keep their OHP in 2027 or later.

What you need to know:

- The rules say **certain adults on OHP must have an exemption, work, go to school or volunteer** to keep their OHP. They apply to people who:
 - Are 19 through 64 years old
 - Are not pregnant
 - Don't have Medicare
 - Don't get Supplemental Security Income (SSI)
- At your renewal, we will check if you are exempt or meet the rules with information we already have. We will send you a letter if we need more information. If you don't meet the rules, your OHP could end, and you might not be eligible for help paying for a Marketplace health insurance plan.

What you can do now:

- Check if you do not need to meet the rules. Exemptions are listed on a following page.
- <If you are exempt, we may ask you for proof for at least one of the six months before your next renewal on <MM/DD/YYYY>.>
- <If you are exempt, we may ask you for proof for at least one of the six months before your next renewal in 2028.>
- <If you are not exempt, make sure you meet the rules in at least one of the six months before your next renewal on <MM/DD/YYYY>.>
- <If you are not exempt, make sure you meet the rules in at least one of the six months before your next renewal in 2028.>
- Tell us about activities or exemptions in your ONE online account. Keeping your information updated will help make your next renewal easier.

- If you need help finding a job or volunteer work, visit <https://OHP.Oregon.gov/Resources>.

Meet the OHP work or activity rules by:

- Having a monthly household income of at least \$580 per month before taxes and deductions.
- Being in school half-time or more. This includes high school or a GED program.
- Doing at least 80 hours per month of some mix of work, volunteering, caregiving, school or a training or work program. This includes unpaid work, seasonal work and self-employment.
 - Some activities may not count or have hour limits. Visit <https://OHP.Oregon.gov/HR1> to learn more.

Exemptions

The OHP work or activity rules do not apply to you if you:

- Care for a child under 14 or someone of any age with a serious or disabling health condition.
- Are pregnant or were pregnant in the last 12 months.
- Get SNAP and work rules apply, or you already meet work rules for TANF.
- Are American Indian or Alaska Native.
- Are blind or have a serious or disabling health condition. This includes veterans with a total disability rating.
- Have an alcohol or drug use disorder or are in treatment.
- Left foster care at age 18 and are now 19-26.
- Are in jail or prison.

The rules apply to you, but you do not need to meet them if you:

- Recently turned age 19.
- Spent at least one week away from home to get health care for yourself or a dependent, or you missed time in work, school or job activities to help a dependent while they traveled for health care.
- Were admitted overnight as a patient in a hospital or other care facility, or you received critical care or services in home or in another setting.
- Were enrolled in certain other OHP programs before your renewal.
- Recently got out of jail or prison.
- Lived in an area with a federally declared disaster or a county with a high unemployment rate. We will tell you when this exemption applies to you.
- Are entitled to or receiving Medicare Part A, or are enrolled in Medicare Part B.

Learn more at <https://OHP.Oregon.gov/HR1>.



Report your information:

- Online at <https://benefits.oregon.gov>.
- By phone at 800-699-9075. Relay calls are welcome.
- In person at your local ODHS office. Find one at <https://ODHSoffices.oregon.gov>.
- By FAX at 503-378-5628.
- By mail to Statewide Processing Center, PO Box 14015, Salem, OR, 97309.
- With help from an OHP-certified community partner: Find one at <https://OregonHealthCare.gov/GetHelp>.

Call 800-699-9075 to get this letter in other languages, large print, braille, or a format you prefer. You can also ask for an interpreter. This help is free. Relay calls are welcome.