

Work or Activity Rules for Some Oregon Health Plan (OHP) Members



Other formats and languages

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Background

The federal government passed a new law that creates more rules for OHP. Starting in 2027, some adult OHP members from age 19 through 64 will need to meet work or activity rules to keep benefits.

Here is what you should know:

- In October 2026, OHP will send an informational notice to members who may need to meet these rules. The notice will tell you how to prepare for future renewals.
- The rules will not apply to people who qualify for OHP programs based on disability or pregnancy.
- The rules will not apply to people who have Medicare and OHP.
- Tell OHP if your address, email or phone number changes so you get notices. To learn how, visit OHP.Oregon.gov/Changes.

What are work or activity rules?

Starting in 2027, when someone applies for or renews their OHP coverage, they will be reviewed for:

- An exemption, which means you have a reason you do not need to meet work or activity rules. A list of exemptions is on the next page.
- Meeting one or more of these rules:
 - Income over \$580 a month; or
 - Enrolled in higher education at least half-time; or
 - A combination of work, volunteering, education, or training programs that add up to at least 80 hours a month.

Who qualifies for an exemption?

- People who have a disability, which includes:
 - Blindness or a physical, intellectual, or developmental disability that significantly impairs ability to perform activities of daily living
 - Veterans with a total disability rating from veterans affairs
- People with serious or complex medical needs
- People who have chronic substance use disorders or are currently in substance use treatment
- People taking care of children who are under the age of 14 years old
- People taking care of someone of any age who has a disability
- People who are American Indian/Alaska Native.
- People who are pregnant and for one year after the pregnancy ends
- Former foster youth who are under the age of 26

- People who were released from incarceration in the last 3 months
- People who meet Temporary Assistance for Needy Families (TANF) work rules
- People getting Supplemental Nutrition Assistance Program (SNAP) who [SNAP work and activity rules](#) apply to

There will also be temporary exemptions for:

- Being admitted to stay overnight as a patient in a hospital or nursing facility
- Spending at least one week away from home to get medical care for yourself or a household member
- A declared emergency or disaster in a person's county
- When there is a high unemployment rate in a person's county

The federal government is expected to share more details in June 2026 about who the new rules apply to. OHP will post updates at OHP.Oregon.gov/HR1.