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Oregon Health Plan (OHP) and House Resolution 1 (HR1) Medical Exemptions

October 16, 2026



Agenda

- Oregon Health Plan (OHP) and House Resolution 1 (HR1)
 - Timeline for changes to OHP
 - Member Outreach
- HR1 Work or activity rules
 - Screening and Exemptions from work or activity rules
 - Qualifying activities for work or activity rules
- Healthier Oregon Transition
- Public Charge
- Resources
 - Communication Materials and Resources
 - How to keep members covered, Partner/ Provider Toolkit, OHP Assisters



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The Oregon Health Plan (OHP) and House Resolution 1 (HR 1)

New federal rules require major changes

House Resolution 1 (HR1) and other federal guidance introduced new federal rules that require major changes to the Oregon Health Plan (OHP).

Some of these changes include:

- Introduction of work or activity rules
- More frequent renewals
- Changes to non-citizen eligibility
- Changes to retroactive coverage

The potential impacts to coverage from HR1 are still evolving

- Some national forecasts show more than 200,000 people in Oregon who are otherwise eligible could lose Medicaid coverage over the next ten years as a result of HR1¹
- True impacts will be known over time, and Oregon caseload forecasts continue to adjust as guidance and implementation details evolve
- Oregon is implementing several strategies to limit loss of coverage where possible
- Initial closures could be as early as April 1, 2027, though most members won't be impacted until late 2027 and 2028

¹ Manatt Health. Senate-Passed H.R. 1: Updated Estimates on Impact to State Medicaid Coverage and Expenditures, Hospital Expenditures, Including Impacts by Congressional District. Available from: <https://shvs.org/resources/senate-passed-h-r-1-updated-estimates-on-impact-to-state-medicaid-coverage-and-expenditures-hospital-expenditures-including-impacts-by-congressional-district/>

Medicaid Work or Activity Rules

~600,000

Oregon Health Plan members could be subject to work or activity rules

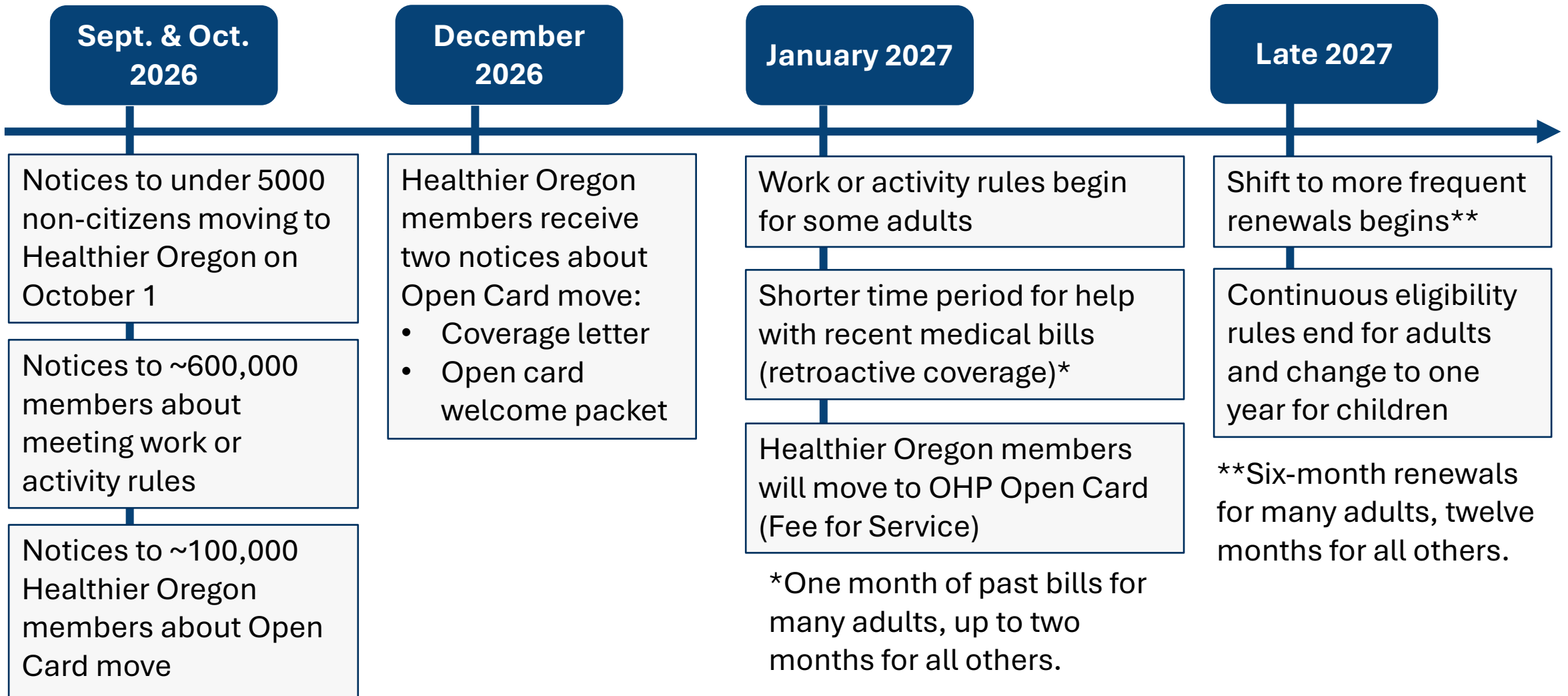
19-64

The new rules apply only to adults



Some members will qualify for exemptions, such as parents or caregivers of children under 14 and people with certain serious health conditions

Timeline of Changes to Oregon Health Plan (OHP)





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Member Outreach

Direct Member Communications

Strategy:

Leverage every available channel across traditional and digital media to get the info out early and often



- Letters, if not opted out
- Emails, if opted in
- Texts, if opted in
- Website updates
- Communications from CCOs, partners, and providers
- Plain language advertising and public service announcements

Members who may be subject to work or activity rules also received a notice in late September 2026.

Members should keep contact information up to date, respond to renewal letters and can learn more at OHP.Oregon.gov/HR1.

Outreach notices

- In late September around 600,000 members received informational notices about the work or activity rules, exemptions, and how to prepare for their next renewal
- Federal requirement: to include all people on applicable programs, even those who will be exempt (except for American Indian/Alaska Native members).
- May be more than a year before the member's next renewal; **case-specific renewal date is listed in the letter.**

PCS Page Sequencing
Envelope Sequencing
ONE Customer Service Center Date:
PO Box 14015
Salem, OR 97309

«Date of Letter»
Your Case ID: «Case ID»

OREGON DEPARTMENT OF
Human Services

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PLAN

«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» «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» «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 [placeholder URL](#).

Meet the OHP work or activity rules by:

- Having a monthly household income of at least \$580 per month before taxes and deductions.

For help call 1-800-899-0075 or 711 «TTY»
or visit <https://benefits.oregon.gov>

«Footer Seq»
«CO Code» «Language Code» «Notice Name»

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

• Being in school half-time or more
• Doing at least 80 hours per month in training or work program. This includes:

- Some activities may not count to learn more.

Exemptions

The OHP work or activity rules apply to you, but you are exempt if:

- Care for a child under 14 any age with a serious or chronic health condition.
- Are pregnant or were pregnant within 12 months.
- Get SNAP and work rules already meet work rules for SNAP.
- Are American Indian or Alaska Native.

The rules apply to you, but you are exempt if:

- Recently turned age 19.
- Spent at least one week at home to get health care for dependent, or you missed school or job activities to get dependent while they travel for care.
- Were admitted overnight to a hospital or other care facility received critical care or surgery or in another setting.
- Were enrolled in certain other OHP programs before your renewal.



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Upcoming OHP Work or Activity Rules

OHP work or activity rules



Starting in January 2027



Applies to some adults
ages 19 through 64



Does not apply to OHP
programs based on
disability, pregnancy, or
Medicare

**When some adults apply or
renew, they will be reviewed
for:**

- One of many exemptions, or
- Qualifying activity (one or in combination):
 - Work
 - Volunteering
 - Education or training

Work or activity rule screening steps

All OHP/Medicaid members and applicants

Is the OHP member or applicant in an applicable program?



**Are they part of an excluded population?
Does a health condition prevent them from working?**

Do they meet another exemption?

Over \$580 monthly income?

Education enrollment?

**80 hours of
activity?**

This means:

- MAGI Adult
- MAGI Adult – Healthier Oregon
- Young Adults with Special Health Care Needs*

Or descriptively:

- Adults 19-64
- Does not have Medicare
- Does not have OHP based on disability or pregnancy, or certain other circumstances
- Does not include OHP Bridge

Note: The entire funnel is considered before any individual is asked to respond to a request for information about meeting those rules



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HR1 Work or Activity Rules: Qualifying Activities

Ways to meet OHP work or activity rules

Starting January 2027, some adults ages 19 – 64 who do not qualify for an exemption will need to meet OHP work or activity rules by showing one of the following:

Income:

Gross household income of more than \$580 per month

OR

Education enrollment:

Enrolled in high school, a GED program, or at least half-time in higher education

OR

Hours: At least 80 hours monthly of work, education, training programs, or unpaid work like volunteering

\$580 is under 40 hours at minimum wage in Oregon



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Exemptions from Work or Activity Rules

Work or Activity Rules – Lookback period

- When an applicant **newly applies for benefits**, we will check whether they have an exemption or meet work or activity rules in the previous month (1 month lookback period)
- When members **renew**, we will check
 - Whether they had an exemption or met the work or activity rules in **any one** of the **six (6) months** before their renewal due date.
 - Members will only need to meet the rules for a single month in the lookback period, not every month

Who does NOT need to meet work or activity rules?

OHP members or applicants who:

Specified Exclusions: not subject to rules

OHP members who:

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

Who does NOT need to meet work or activity rules?

Mandatory Exceptions: subject to rules, but temporarily excepted

OHP members who:

- Spent at least one week away from home to get health care for themselves or a dependent, or missed time in work or school to help a dependent while they traveled for health care
- Were admitted overnight as a patient in a hospital or other care facility, or received critical care in home or another setting
- Are entitled to or receiving Medicare Part A, or are enrolled in Medicare Part B
- Have recently turned age 19
- Were on certain other OHP programs before their renewal (not subject to work rules)
- Recently got out of jail or prison
- Lived in an area with a federally declared disaster or high unemployment rate

Examples of serious or disabling health conditions

Many types of conditions may qualify. Here are some examples:

- **Temporary conditions:** Recovering from major surgery (like cardiac bypass); a serious injury (like a fracture); an illness that requires treatment and recovery time like severe pneumonia; a hospital or care-facility stay for a complex condition, etc.
- **Serious or long-term conditions:** Cancer requiring chemotherapy or radiation, dialysis, Crohn's disease, chronic obstructive pulmonary disease (COPD), major depressive disorder requiring on-going treatment, a substance use disorder, etc.
- **Conditions requiring frequent monitoring or treatment:** Cystic fibrosis, diabetes with complications, etc.
- **Life-long conditions:** Down syndrome (trisomy 21), cerebral palsy, blindness, or another physical, intellectual, developmental disability, etc.
- **Social Security benefits:** Receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI).

Medical exemptions: Important Context

- To qualify for a medical exemption, federal rules require a person to have a serious or disabling health condition that **significantly impairs** their ability to meet the work or activity rules.
- The additional requirement of **significant impairment** was added to the federal rules published on June 1, 2026
 - This means that, for most medical exemptions, someone must affirm that their condition impairs their ability to meet the work or activity rules.
 - They can do this through the OHP application, during renewal, or by reporting changes.
- Remember: most people with Medicaid who can work are working.
- We are doing everything we can to try to keep people covered.

Medical Exemptions: Reminder

- Throughout 2027, members can self-attest to having a serious or disabling health condition that significantly impairs their ability to meet the work or activity rules
- Currently we are finalizing medical exemption code set –a code set of qualifying health conditions and health services as **a tool to support verification** for medical exemptions.
 - Members and applicants will need to confirm that their condition impairs their ability to work, even if they have a condition included in the code set
- We will continue to partner and share information in 2027 as we prepare for 2028, when additional documentation may be required for members.

Medical Exemptions: What Matters Most

What members should know:

- It is important to keep OHP information up-to-date.
- There are new questions to help screen for exemptions or to show that members meet the work or activity rules.

Applicants/Members will be asked the following questions to indicate whether they qualify for a medical exemption - see next few slides

Medical Exemptions in ONE system: Mandatory Screening Question

Is [NAME] unable to work at least part time because of a health condition? Visit <https://OHP.Oregon.gov/HR1> to review qualifying conditions that may prevent [NAME] from working.

☐ **Yes** ☐ **No**

Medical Exemptions on ONE system: Other Screening Questions

Do you need assistance to do your everyday activities? Examples of everyday activities include cooking, doing housework, completing paperwork or schoolwork, going to school or work or appointments, spending time with friends, and other activities. Assistance can include someone helping you or using a device or equipment to help you.

- ☐ Yes, all of the time ☐ Yes, some of the time ☐ No

Do you get treatment or counselling for a mental health, substance use, or emotional condition? Treatment or counselling can include talk therapy, group therapy, hospitalization, inpatient or outpatient care, exposure therapy, Applied Behavior Analysis, and other treatments

- ☐ Yes ☐ Sometimes ☐ No
- 

Medical Exemptions on ONE system: Other Screening Questions

Do you often use medical therapies? Medical therapies can include acupuncture, dialysis infusions, physical therapy, occupational therapy, speech therapy, respiratory therapy to manage or reduce pain, and others. Medical therapies do not include counselling or talk therapy.

☐ Yes ☐ No

Do you often use medical equipment or assistive devices? Medical equipment and assistive devices include canes, communication devices, crutches, diabetes pumps, gastrointestinal tubes, hearing aids, nebulizers, note-taking systems, reminder systems, ventilators, vision aids, wheelchairs, and other equipment and devices

☐ Yes ☐ No

Medical Exemptions on ONE system : Other Screening Questions

Do you have a serious or complex health condition? Serious or complex health conditions can include things like heart, lung, kidney, or liver disease, cancer, an autoimmune condition, taking insulin, recent hospitalization, or an injury that prevents you from working.

☐ Yes

☐ No

Are you blind or disabled?

☐ Yes

☐ No

Do you have a substance use disorder?

☐ Yes

☐ No

Coming Soon: OHP Work or Activity Rules Dashboard

- Beginning in January 2027, there will be a public dashboard for OHP/Medicaid Work or Activity Rules.
- The dashboard will include information about people subject to work or activity rules, people determined exempt, people meeting the rules through qualifying work or activity, and more.
- The dashboard will be refreshed daily with data from the ONE system.
- The dashboard will live alongside related dashboards on the [ONE Eligibility Operations Dashboards webpage](#), with cross-linking on other webpages for easier finding.



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Healthier Oregon Transition

Open Card move notices

- Around 100,000 Healthier Oregon members will get notices about the upcoming move to Open Card in **mid-late October**
 - Asks members to contact providers to ask if they take open card, and directs members to the search tool to find providers who take Open Card if needed
 - Lists contacts for help for questions before and after January 1, 2027
- Affected members will get two additional notices in December:
 - Coverage letter and explanatory notice, including paper ID card
 - Updated OHP Open Card welcome packet and member ID card

You will get an ID

OHP will mail you two for new OHP Open Card to any health

OHP Open Card will all health care providers.

What do I need

Ask your health care

If your current health able to keep seeing the Open Card. If your pro any health care you ne

Plan for all primary ca planning your health o January 1, 2027.

Find health care p

If your current provide providers who accept

- To find provid online Open C Please keep d providers are
- **After Jan. 1, 2** patients you c

ONE Customer Service
PO Box 14015
Salem, OR 97309

Oregon HEALTH PLAN
P.O. Box 14015, Salem, OR 97309
Voice: 1-800-###-####
FAX: 503-378-5628
TTY: 711
<https://Oregon.gov/HealthierOregon>

DATE

<<First Name>> <<MI>> <<Last Name>>
<<Mailing Address 1>> <<Mailing Address 2>>
<<City>>, <<State>> <<ZIP>>

Other formats and languages

You can get this document in other languages, large print, braille or a format you prefer free of charge. Visit <https://Oregon.gov/HealthierOregon> or contact OHP at 800-273-0557 (voice). All relay calls welcome.



You will move to OHP Open Card on Jan. 1, 2027

Dear <<First Name>>,

You are getting this letter because you have Oregon Health Plan (OHP) benefits. There will be some changes to your health plan. Your benefits are currently provided through a regional health plan called a Coordinated Care Organization (CCO). Right now, your CCO is <CCOName>. On Jan. 1, 2027, you will move to OHP Open Card. If other members of your household are affected, they will also get this letter.

You will still have full OHP benefits

OHP Open Card offers the same OHP benefits, including physical health care, dental care, mental health care, substance use treatment, and prescriptions. Who to call for help, and the network of health care providers like doctors, dentists and pharmacies you can go to may be different from your CCO. Many health care providers work with your CCO and Open Card, but some do not. You have the right to free interpretation in any language you need.

Questions? Visit Oregon.gov/HealthierOregon or call 800-273-0557 (TTY 711)

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Questions? Visit Oregon.gov/HealthierOregon or call 800-273-0557 (TTY 711)

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If affected members need to find new providers:

- If members' current health care providers do not accept OHP Open Card, they will need to find a new provider going forward.
- **Before Jan. 1, 2027**, find providers that take OHP Open Card by using the online Open Card provider search at OHPOpenCard.org.
 - Please keep checking back as the search tool is improved and new providers are added into the network.
- **After Jan. 1, 2027**, members can call OHP Open Card at (800) 562-4620 for help finding providers or coordinating care.

Providers who see that their information is out of date can contact provider.enrollment@odhsoha.Oregon.gov

Next steps for providers

Verify Open Card provider enrollment status

- Visit the [OHP Provider Enrollment](#) website to verify enrollment as an Open Card provider, learn about how to enroll, and contact our enrollment support team.

Save and share Open Card resources

- Visit the [OHA Provider website](#) to access informational resources, forms, the provider portal, and contact the provider support team.

Open Card Provider Trainings

Open Card Enrollment Training	Newly Enrolled Provider Training
<p>Learn how to become an OHP provider and enroll in Open Card.</p> <ul style="list-style-type: none">• Register via Zoom to join	<p>Get oriented with OHA resources on how providers can successfully navigate Open Card</p> <ul style="list-style-type: none">• Three-part training from 10-11am on the second Mon. – Wed. of every month.• Registration for each session:<ul style="list-style-type: none">• Session 1• Session 2• Session 3



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Public Charge

Updated Public Charge Rule

- The Department of Homeland Security's revised public charge rule taking effect on September 18, 2026 considers a wider range of public benefits when determining eligibility for visas or green cards.
- These rules are used by federal immigration officers when deciding if a person can get a visa to enter the United States or receive a green card/ permanent residency.
- The change means more public benefits like medical, food, housing, cash, and childcare assistance can be considered when deciding if someone is likely to become a public charge.
- **Reminder:** Public charge does not impact everyone with a noncitizen immigration status, and individuals should visit Oregon.gov/PublicCharge for help in understanding how these rules may affect them.



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HR1 Communications Materials & Resources

Communications and Engagement Approach



- Deliver simple, direct messages with clear calls to action.
- Use accessible formats, plain language, and multiple languages.

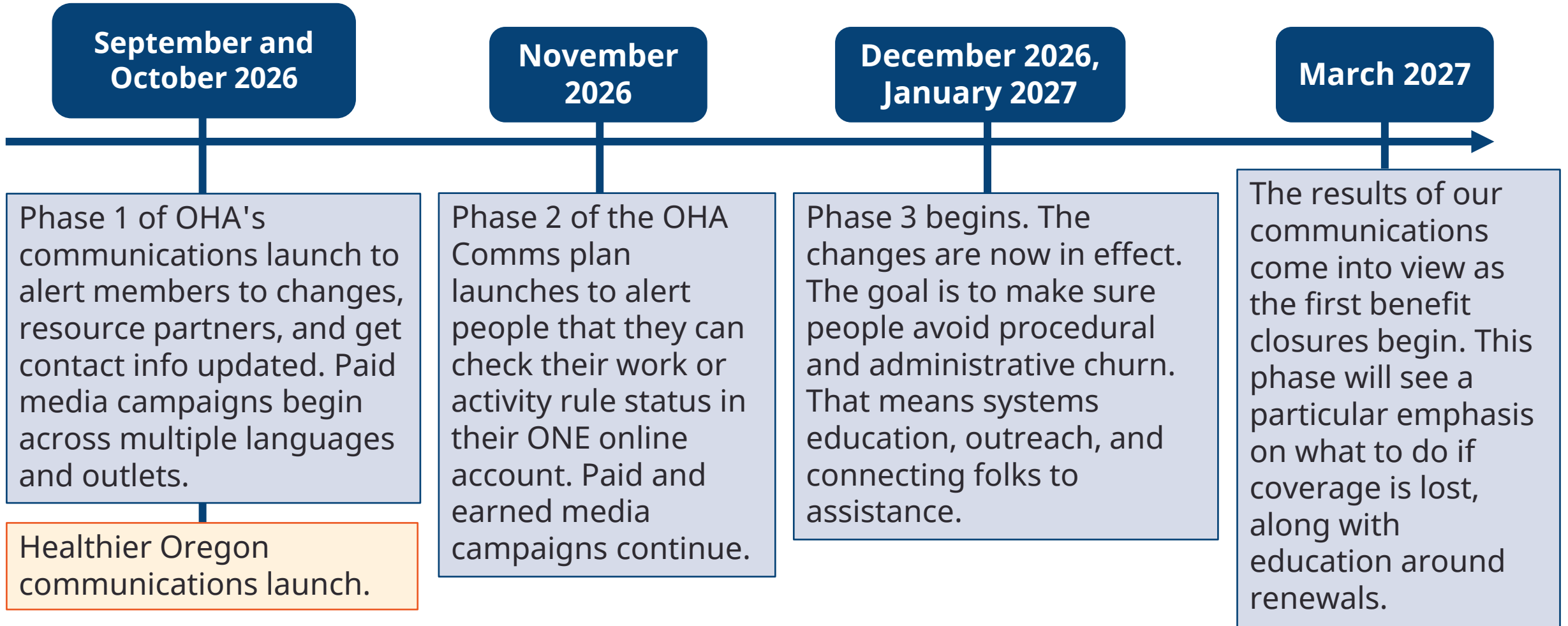


- Engage trusted partners who are directly affected.
- Engage providers during implementation.
- Engage nontraditional partners who provide essential supportive services in communities.

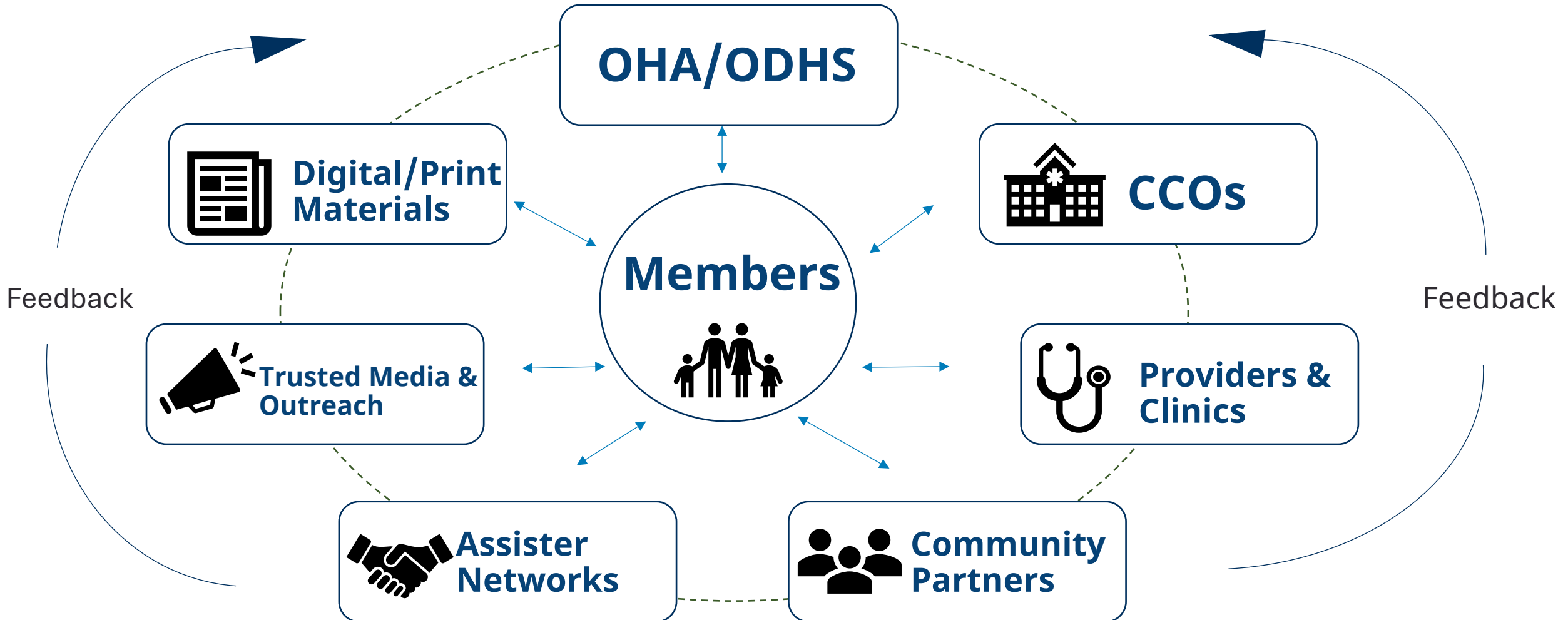


- When possible, incorporate input from benefit recipients, community partners, providers, and others.
- Monitor and correct misinformation as it arises.

Communications Milestones



Mapping Communications & Engagement



Provider-Specific Materials

Patient Conversation Guide

- Quick reference guide for providers and administrative staff to understand OHP changes and communicate with patients
- Structure:
 - What's Changing and When
 - What You Need to Know
 - Who's Affected vs. Who's Not
 - Talking Points
 - Where to Go for Help
 - Pocket Card
 - Badge Buddy

Provider FAQ

- FAQ guide answering most common provider questions
- Includes details around exemptions, diagnoses, copays, and other topics especially relevant to providers

Preparing Partners



OHA and ODHS are committed to making sure that partners have what they need to support members keeping coverage by providing materials, sharing information at outreach events, and training our assisters.

Materials

- Flyers
- Social Media content
- FAQs
- Talking points
- Newsletter content
- Provider-specific materials
- Materials for co-branding and adapting

Community Outreach

- Forward Together, Clinical Connections, CCO Meetings, etc.
- Webinars and virtual meetings with partners
- Community meetings, tabling events, site visits
- 541 community engagements so far in 2026
- Quarterly communications round tables

Assisters

- ~1,700 assisters across 400 community organizations who are trained and certified to help people enroll or stay enrolled, understand HR1 changes, and navigate the healthcare system.

How to Access Partner Materials?

- **Virtually:** Digital partner and member materials will be available at <https://OHP.Oregon.gov/Toolkit> on a rolling basis.
 - Many virtual materials went live in mid-September
- **In person:** Physical materials will be available for pickup at ODHS offices statewide.

Member Support: OHP-Certified Assisters

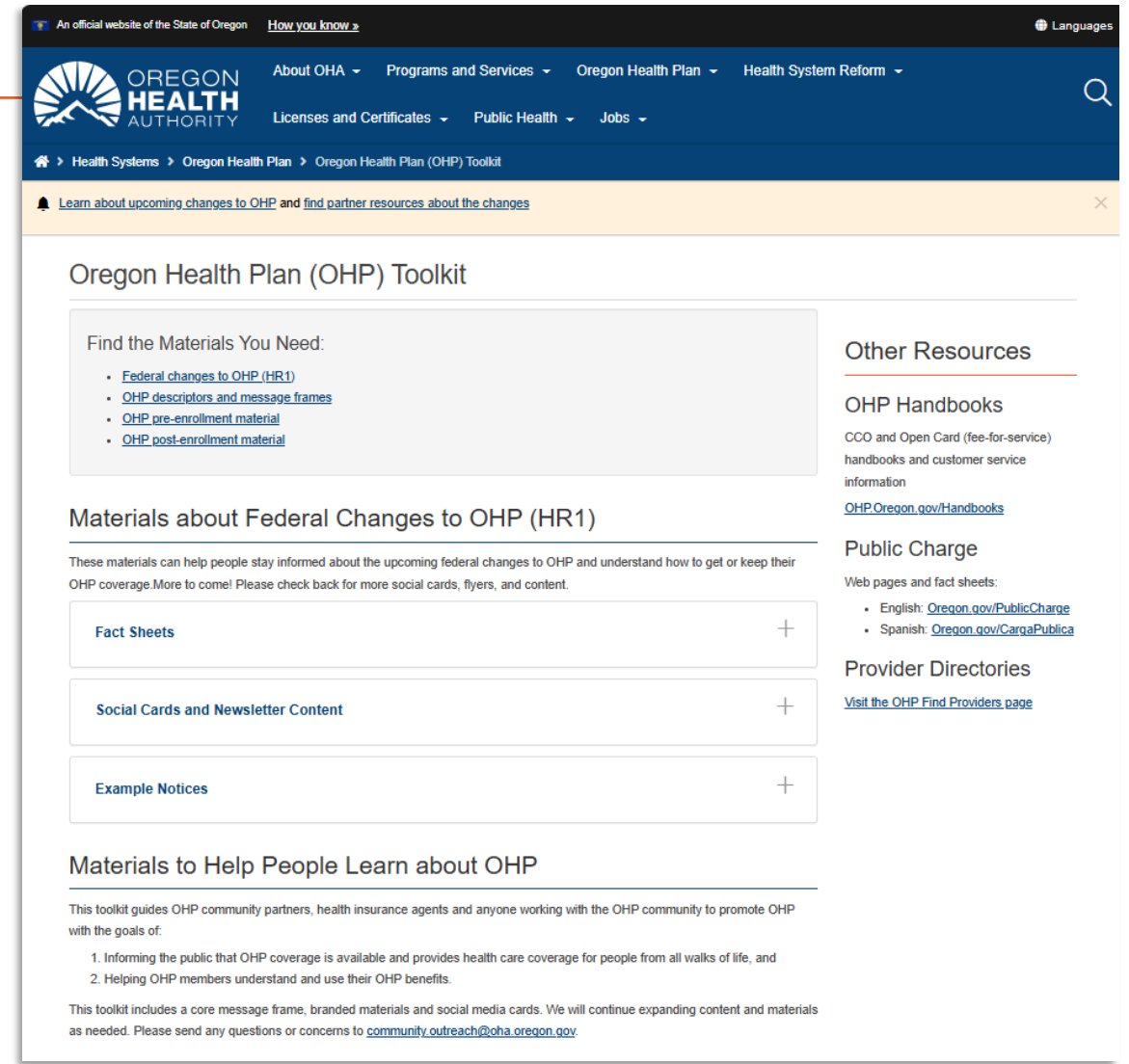
- The Office of Community Health and Engagement (OCHE) supports a network of close to 1,700 OHP-Certified Assisters within more than 400 organizations across Oregon.
- All OHP-Certified Assisters will be required to complete a four-part training series about House Resolution 1 (HR1) changes and will receive ongoing resources and support.
- Please reach out to a Regional Outreach Coordinator (ROC) or email community.outreach@oha.oregon.gov if you have OHP Assister related questions.
- You can also visit OregonHealthCare.gov/GetHelp to find a local OHP-Certified Assister.

Outstationed Outreach Worker (OSOW)

- FQHCs can have Outstationed Outreach Workers (OSOW) who are OHP-Certified Assisters that help specifically with OHP enrollment.
- FQHCs can be compensated for **100%** of direct costs associated with OSOW enrollment activities including personnel, training, and program-related expenses.
- Annual cost statements are due October 31, and payments are made quarterly over the following year.
- Questions and the cost statement should be sent to:
 - Adrienne Cooke Adrienne.Cooke@oha.oregon.gov and
 - Bliss Croton Bliss.S.Croton@oha.oregon.gov

Resources

- OHP.Oregon.gov/HR1
 - Information for members about federal changes to Oregon Health Plan
- OHP.Oregon.gov/Toolkit
 - Partner resources: fact sheets, example notices, social cards and newsletter content, enrollment materials, and more
- Oregon.gov/SNAPworkrules
 - Information for members about federal changes to the Supplemental Nutrition Assistance Program





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Thank you

Please send questions or feedback to
feedback@odhsoha.oregon.gov