# Stay Connected
# Stay Covered

## Oregon Health Plan (OHP) members

### Work or activity rules start Jan. 1, 2027

- Some members ages 19 to 64 may need to meet rules when they apply or renew
- These rules will not affect people who:
  - Have Medicare
  - Are pregnant
  - Have OHP based on disability
- You may not have to meet the rules if you:
  - Have a serious or disabling health condition
  - Care for a child younger than 14 or a person with a serious health condition
  - Are American Indian or Alaska Native
  - 80 hours per month of work, volunteering, education, unpaid work, or training

### What you need to do:

- Update your contact information, any of these ways:
  - Go to **benefits.oregon.gov**
  - Call **1-800-699-9075** (relay calls welcome)
  - Visit an Oregon Department of Human Services (ODHS) office. Find a local office at **ODHSoffices.oregon.gov**
  - Find an OHP assister at **oregonhealthcare.gov/gethelp**
- You need to do one of these to meet the rules:
  - Earn at least $580 a month
  - Enroll in school at least half-time

OHP may ask for information so we can confirm you do not need to meet the rules.

Learn more at
**OHP.Oregon.gov/HR1**

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