



Work Requirements are Coming to Some Medicaid Adults May 1, 2026



Do work requirements apply to me?

- **ONLY** people with Medicaid expansion will have to meet work requirements. If you have a different kind of Medicaid, the work requirements do not apply to you.
- Medicaid expansion is a specific type of Medicaid that provides health coverage to low-income adults (in 2026, up to \$22,000/year for an individual).
- If you are unsure, call DHHS and ask if you have Medicaid expansion: [\(855\) 632-7633](tel:8556327633)

Learn more: neappleseed.org/MedicaidWR

How do I meet requirements?

There are many ways to meet the work requirements in a relevant month (but not every month), including but not limited to:

- Having 80 hours of work, participation in a work program, or volunteering;
- Enrollment in school at least half time; or
- Having income of \$580 or more.

Many people do not have to meet the requirements.

You may not have to meet work requirements if you are:

- Pregnant or postpartum;
- Under the age of 26 and aged out of foster care;
- A member of a recognized Native American Tribe;
- A parent/guardian of child under 14 or person with disabilities; or
- Are “medically frail” (have a disability, serious/complex, or other health conditions).

There are many other reasons you may be exempt and not have to meet the requirements.

When does this start?

- If you're applying for Medicaid now: Starting May 1, applicants who would qualify for Medicaid expansion must meet work requirements.
- If you already have Medicaid: Anyone with renewals due on or after July 31, 2026 will have to meet work requirements. Submit any requested information to DHHS by the deadline and provide as much information as possible.

Questions? Contact neappleseed.org/gethelp