

# Medicaid Work Requirements: Does this apply to me?

Starting May 1st, 2026, some adults on Nebraska Medicaid (also called Heritage Health) may have to report work hours or certain activities to continue receiving Medicaid coverage.

Use this chart to see if this applies to you.

## Some Exemptions include:

- Pregnant
- Are under age of 26 and aged out of foster care
- Medically frail or have a disability or serious health condition
- Primary caregiver for a child age 13 or younger
- A member of a federally recognized Native American tribe
- Participating in substance-use treatment

For full list of exemptions visit <https://dhhs.ne.gov/Pages/WorkRequirements.aspx>

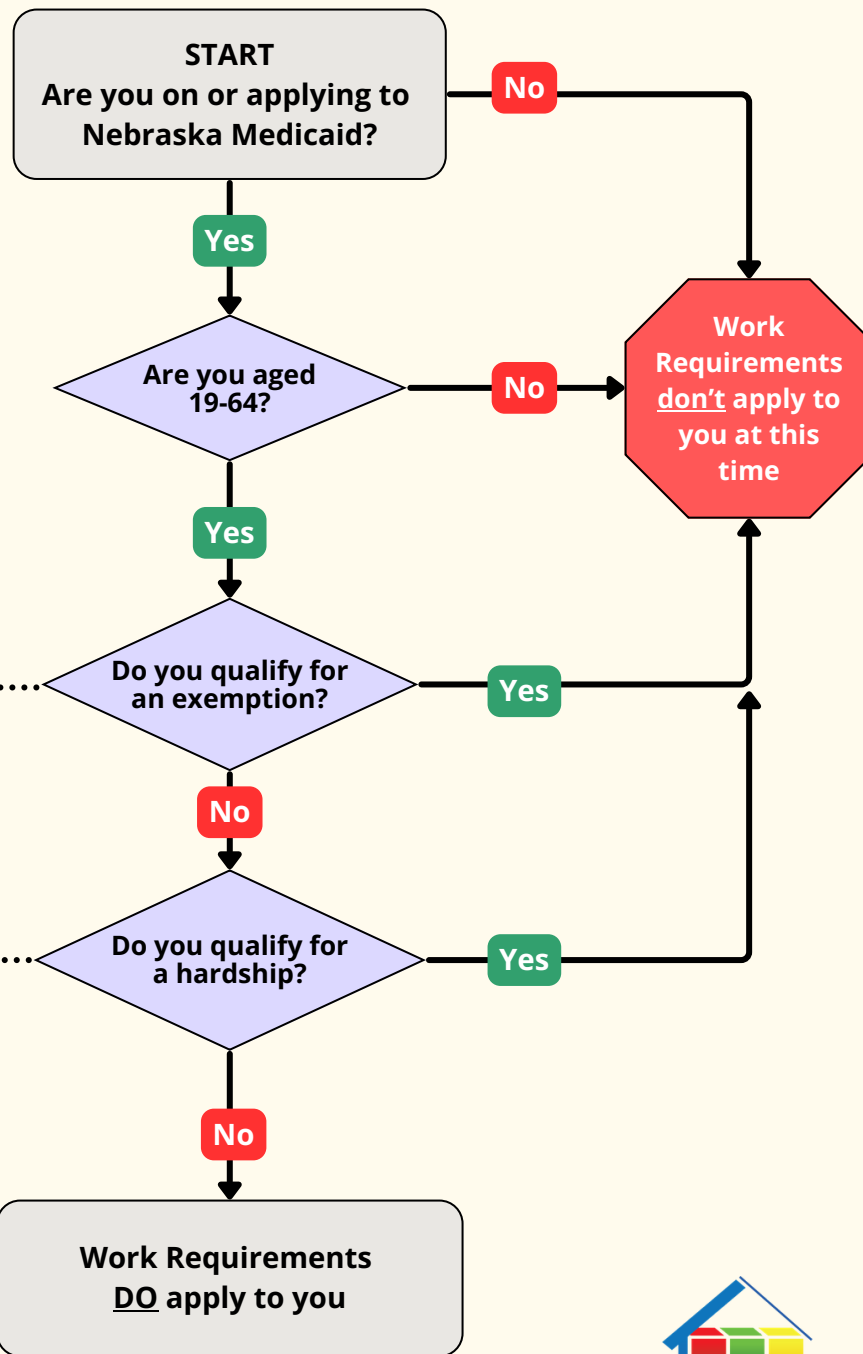
## Temporary Hardships include but not limited to:

- Hospitalized or living in a nursing home since last renewal
- Economic hardship (living in a county with high unemployment)

## You must complete at least 80 hours in one month of approved activities. Activities may include:

- Paid work (full time or part time)
- Self employment
- Job training program
- Attending College or trade school (at least half time)
- Community service

You can also meet the requirement if you earn enough income in one month. This amount equals 80 hours at the federal minimum wage. As of December 2025, this is about \$580 per month.



*This tool provides general information only and is not an official Medicaid eligibility decision. Rules may change. For help or confirmation of your eligibility, contact Nebraska DHHS or a certified assister.*

*Need help? Go to [howtogetcare.org](https://www.howtogetcare.org) for free assistance.*



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