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Training Series on Federal Changes: HR1 Overview and What OMH and OASAS Providers Can Do Now To Prepare

July 29, 2026

Housekeeping

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Please use the Zoom chat feature to submit any questions, comments, or concerns

Information discussed and shared is accurate as of today.

Please note that our Zoom account does not allow AI Bots to join this webinar. However, we encourage you to take advantage of other functions such as captions and transcripts for today's event.

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Agenda

- Welcome, Opening Remarks, and Introductions
- Impact of Federal Action
- Essential Plan Update
- Medicaid Updates
- SNAP Work Rules
- Communication, State Strategies, and What Providers Can Do Now
- Next Steps, Resources, and Questions

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Welcome, Opening Remarks, and Introductions

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Impact of Federal Actions

H.R.1 Overview

Overview:

- Changes are happening to health care coverage, including behavioral health care, Supplemental Nutrition Assistance Program (SNAP), and other services supporting New Yorkers because of a new federal law called H.R.1.
- These changes affect some people who get health insurance and support services through New York State.

What is Happening and When?

- Changes to New York's Essential Plan started on July 1, 2026.
- New federal work requirements for Medicaid coverage will begin on January 1, 2027.
- More expansive requirements for "Able Bodied Adults Without Dependents" also known as ABAWDs who receive SNAP went into effect statewide on March 1, 2026, which means the three-month time limit will start to kick in for recipients on June 1, 2026.

Impact of HR.1 Federal Statute

Essential Plan

Medicaid

Supplemental Nutrition Assistance Program (SNAP)

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Essential Plan Updates

Essential Plan Overview & Expansion

The Essential Plan (EP) offers comprehensive, affordable coverage to 1.7 million lower-income New Yorkers.

- EP opened under the Affordable Care Act (ACA) 1331 Basic Health Program (BHP), which limits eligibility to adults 19-64 with income up to 200% of the federal poverty level (FPL).

- **April 2024:** EP expanded income eligibility to 250% of FPL under the ACA Section 1332 State Innovation Waiver, allowing another 450,000 New Yorkers to enroll, saving ~$6,000 per year compared to Qualified Health Plans.

- **January 2025:** Under the 1332 waiver, New York began providing cost-sharing subsidies to Qualified Health Plan (QHP) consumers. Over 60,000 QHP enrollees saw lower deductibles and cost-sharing at the point of service.

Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Impact of H.R.1 Legislation

1. Significantly narrowed non-citizen eligibility for premium tax credits (PTCs).

- Federal funding for EP is tied to the PTCs eligible consumers would otherwise receive toward QHP coverage.
- H.R.1 eligibility changes **cut in half** federal funding that supports the Essential Plan, making the current program unsustainable.

In October 2025, the state requested to terminate the 1332 waiver and return the program to the BHP.

CMS approved, effective July 1, 2026:

- the termination of the 1332 waiver.
- the recertification of New York's BHP Blueprint and "unsuspended" the BHP Trust Fund.

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Transition to the Basic Health Program

- 1.3 million consumers with income up to 200% FPL will remain eligible for EP under BHP rules.
- 450,000 consumers with income 200 - 250% FPL will be ineligible for EP effective July 1, 2026.
  - On April 1, 2026, NY State of Health sent notices to impacted consumers informing them that new federal rules impact their EP eligibility effective July 1, 2026.
- Pregnant individuals with a due date before December 31, 2026, will stay in coverage (either retain EP or move to Medicaid).
- Deferred Action for Childhood Arrival (DACA) individuals will either move to Medicaid or become ineligible for coverage under new federal rules effective July 1, 2026.

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Timeline & Consumer Notification

- April 1, 2026: Member notices issued to 450,000 affected enrollees
- May 4, 2026: Renewal notices issued to 450,000 affected enrollees with new eligibility
- May 16, 2026: Enrollment window opened for transitioning members
- May 18, 2026: Sent consumer emails and text messages to impacted enrollees
- June 30, 2026: Last day of Essential Plan coverage for affected members
- July 1, 2026: Coverage change takes effect
- August 30, 2026: Enrollment window closes. Consumers enrolling in August get a July 1 retroactive start date to avoid coverage gaps

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Wrap Around Support for New Yorkers

- NY State of Health has trained **enrollment assistors** on this transition and provided assistors detailed reports about their consumers to conduct outreach and help in finding new coverage.

- The NY State of Health **Customer Service Center** is assisting impacted consumers. Call volumes have been high since April when we began outreach to impacted consumers.

- NY State of Health is tracking enrollment as consumers move to other coverage through the marketplace

NY State of Health is communicating directly with consumers through:

- Email and text messages to ensure consumers stay aware of federal changes and other coverage options;

- Our Stay Connected website;

- Published fact sheets: “Free or Low-Cost Health Care Resources” for consumers who become uninsured and “Continuity of Care” protections for consumers moving to other coverage.

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

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Medicaid Updates

Our Commitment to New Yorkers

Goals

- Limit coverage loss among eligible individuals
- Reduce administrative burden and friction for impacted members
- Minimize fiscal impact

Actions

- Maximize automatic (ex parte) enrollment verification using data sources
- Provide broad education and preparation for all stakeholders
- Work with the Assistor Network to help New Yorkers demonstrate compliance with the new requirements.

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

H.R.1 Overview: Priority Focus Areas

Work & Community Engagement Requirements
Medicaid expansion adults ages 19–64 will need to work or participate in approved activities or qualify for an exemption to stay covered

2x/Year Renewals for Expansion Adults
Medicaid expansion adults ages 19–64 will have Medicaid renewals every six months

Shorter Retroactive Coverage
Most Medicaid expansion adults will receive one month of retroactive coverage. Other populations will receive two months

Change in Immigrant Eligibility
Certain lawfully present adults will no longer qualify for federally funded Medicaid, even if their income stays the same

Removing Duplicate Enrollment via Address Verification
Members will be disenrolled from Medicaid in the state(s) in which they do not reside

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (March 11, 2026)

Population Overview

Non-Expansion

Expansion

Immigrant

Retroactive Coverage Changes

Pre-H.R.1:

- States provide Medicaid coverage for qualified medical expenses incurred up to 90 days prior to the date of application

New rules under H.R.1:

- For expansion adults, retroactive coverage is only 1 month prior to application
- For all other eligibility groups (e.g., children, aged, disabled, pregnant), retroactive coverage is now 2 months prior to application

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (March 11, 2026)

Who is Impacted? Medicaid Expansion Population Estimates January 2026

Economic Development Regions*	All Medicaid Enrollees	Medicaid Expansion Group
Capital Region	248,007	71,752
Central NY	199,034	55,353
Finger Lakes	302,899	84,860
Long Island	651,398	192,064
Mid-Hudson	667,118	172,999
Mohawk Valley	140,988	37,490
New York City	3,861,984	1,269,342
North Country	105,770	27,996
Southern Tier	165,554	45,921
Western NY	379,204	109,501
Total	**6,721,956**	**2,067,278**

Approximately 31% (2.1 million) of New York Medicaid members are in the expansion population and may be affected by these new requirements.**

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*Economic Development Regions: https://www.health.ny.gov/health_care/medicaid/regulations/global_cap/regional/regions.htm
Data Source: Medicaid data warehouse extract date July 17, 2026
**Community engagement requirements will not apply to all individuals within the Medicaid Expansion Group.

Medicaid Impact on Expansion Population

Behavioral health providers should focus on two major H.R.1 changes affecting expansion members:

Medicaid Recertification - Six Month Eligibility Verification

Community Engagement - Work, Education, Volunteer Requirement

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OMH Medicaid Members In the Expansion Population (CY 2025).

OMH Regions	All Medicaid Enrollees	Medicaid Expansion Group
Central New York	56,546	16,000
Hudson River	58,239	14,266
Long Island	26,902	8,273
New York City	223,526	75,266
Western New York	86,114	26,706
Total	**451,327**	**140,511**

Approximately 140,500 Medicaid enrollees receiving OMH services are included in the Medicaid Expansion population.*

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Note: The OMH counts represent members who received behavioral health services during calendar year 2025 and were still enrolled in Medicaid during January 2026.

Data Source: Medicaid data warehouse extract date July 17, 2026

*Community engagement requirements will not apply to all individuals within the Medicaid Expansion Group.

OASAS Medicaid Members in the Expansion Population (CY 2025).

Economic Development Regions*	All Medicaid Enrollees	Medicaid Expansion Group
Capital Region	7,313	4,336
Central NY	7,160	4,418
Finger Lakes	10,685	6,221
Long Island	12,588	8,127
Mid-Hudson	10,737	6,450
Mohawk Valley	3,897	2,315
New York City	57,258	32,632
North Country	4,933	2,811
Southern Tier	6,568	3,975
Western NY	12,837	7,816
Total	**133,976**	**79,101****

Approximately 79,100 OASAS Medicaid members are enrolled in the Medicaid Expansion population.

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Note: The OASAS counts represent members who received behavioral health services during calendar year 2025 and were still enrolled in Medicaid during January 2026.
*Economic Development Regions: https://www.health.ny.gov/health_care/medicaid/regulations/global_cap/regional/regions.htm
Data Source: Medicaid data warehouse extract date July 17, 2026
**Community engagement requirements will not apply to all individuals within the Medicaid Expansion Group.

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Expansion Population Medicaid Recertification

2x Year Renewals

6 Month Renewals for Expansion Population Jan 1 2027

Scenario 1: New Applicant or Renewal Before January 1, 2027

- ✓ Receives **12 months** of coverage
- ✓ Transitions to **6-month renewals** afterward

Scenario 2: New Applicant or Renewal On/After January 1, 2027

- ✓ Renewed in **6-month increments** if state confirms eligibility

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Sourced from [UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State](#) (March 11, 2026)

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Community Engagement (Work/Education) Requirements

Work Requirements for Medicaid

H.R.1 allows members to meet work requirements through multiple qualifying activity pathways

The requirement can be fulfilled through one of these options:

A

Earn a household income of at least

$580

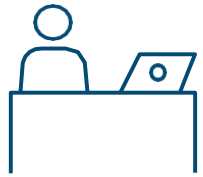
in a month or be a seasonal worker with a 6-month average income ≥ $580

B

Complete

80 hours

of any combination of these approved activities in a month:



Work - *traditional or self-employment*

Participation in community service

Participation in a work/job training program

Active enrollment in an educational program

(must be enrolled at least half-time if using education as a standalone activity)[26]

C

Earn income AND complete hours of the approved activities

Convert income to hours using the federal minimum wage to determine how many hours of approved activities are needed to reach 80 total

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Work Requirements for Medicaid Member Impact Timing

New applicants and existing members will be impacted at different times

New applicants

Starting January 1, 2027, new applicants must show compliance with the new requirements for **the month immediately before they apply**

Someone applying in February 2027 must show compliance in January 2027

Existing applicants

Starting with renewal dates on March 1, 2027, onwards, existing Medicaid members must show **compliance with the new requirements at renewal**

Renewals for January and February 2027 are initiated in 2026, so these members do not need to comply with CE until their next renewal

A member renewing in March 2027 must demonstrate compliance for at least one month prior to their renewal

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Work Requirements for Medicaid Coverage Exemptions

New interim guidance released June 1, 2026

Exemption categories are mostly unchanged, with more clarity and specificity around short-term hardship exemptions and medical frailty.

- Under age 19; over 64
- Former foster care children
- American Indians and Alaska Natives
- Parent, guardian, caretaker relative, or family caregiver of a dependent child age 13 or under
- Parent, guardian, caretaker relative, or family caregiver of a disabled individual
- Veteran with a total disability rating
- **Medically frail or otherwise has special medical needs**
- Compliant with TANF work requirements
- Member of a SNAP household and not exempt from SNAP work requirements
- **Participant in a qualifying drug addiction or alcoholic treatment and rehabilitation program**
- Inmate of a public institution at any point during the 3-month period ending on the first day of the month
- Pregnant or entitled to postpartum medical assistance
- Entitled to or enrolled in Medicare Part A, or enrolled in Medicare Part B

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Medical Frailty Definitions

Based on new interim guidance released June 1, 2026

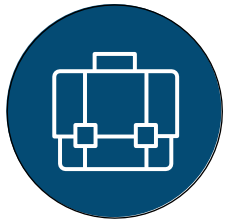
Blind or disabled	Substance use disorder	Disabling mental disorder	Serious or complex medical condition	Physical, intellectual, or developmental disability
Recipient of Social Security Disability Insurance (SSDI)	Diagnosed with a substance use disorder (SUD) that significantly impairs the individual's ability to comply with the community engagement requirement; excludes individuals in stable recovery (generally 5+ years).	Mental health issues that may impair overall well-being and limit ability to function in everyday life	Conditions that satisfy eligibility guidelines based on diagnosis and severity, such as HIV/AIDS and Sickle Cell Disease *(not exhaustive)*	Qualifying disabilities which substantially limit the person's ability to function in everyday life

Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Short-Term Hardship Exemptions

Definitions and explanation of county and individual exemptions

The State is intending to pursue all short-term hardship exemption; however, more implementation information is required from CMS.



High-unemployment area

Individual resides in a county, or equivalent unit of local government, with an unemployment rate at or above the lesser of 8 percent or 1.5 times the national unemployment rate

Declared emergency / disaster area

Individual resides in a county, or equivalent local government unit, with a presidentially declared emergency or disaster

Institutional / high-acuity care

Individual receives inpatient hospital, nursing facility, ICF/IID, inpatient psychiatric, or similar-acuity services, including related outpatient care as determined appropriate by the Secretary

Extended travel for health care

Individual or dependent must travel outside the community for an extended period to receive necessary services for a serious or complex medical condition not available locally

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County-based exemptions Individual exemptions

Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

Updates on H.R.1 Legislation

New interim guidance released June 1, 2026

- **Medical frailty is the most significant policy and operational change.**
  - CMS has limited the scope; states must maintain auditable condition lists/screening processes, limit use of self-attestation, and require periodic reverification.
- **Verification requirements are more prescriptive.**
  - States must rely on automatic (ex parte) verification whenever possible and, beginning January 1, 2028, generally must require documentation when reliable electronic data are unavailable.
- **Notice and outreach requirements are substantially expanded.**
  - States must provide new outreach and noncompliance notices, notify individuals when certain exemptions begin or end, and conduct outreach through multiple channels.

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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (June 18, 2026)

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Immigration Restrictions

Eligibility Restrictions
Immigrant Populations

Pre-H.R.1

- Lawfully present immigrants "qualified" immigration statues includes:
  - Lawful permanent residents
  - Refugees
  - Parolee's and Asylee's
  - Certain abused spouses and children
  - Certain victims of trafficking
  - Cuban and Haitian entrants
  - Citizens of the Freely Associated States (COFA)
  - Lawfully residing children and pregnant adults (CHIPRA 214)

New rules under H.R.1

- Restricts the definition of "qualified" immigration status to:
  - Lawful permanent residents
  - Cuban and Haitian entrants
  - Citizens of the Freely Associated States (COFA)
  - Lawfully residing children and pregnant adults (CHIPRA 214)

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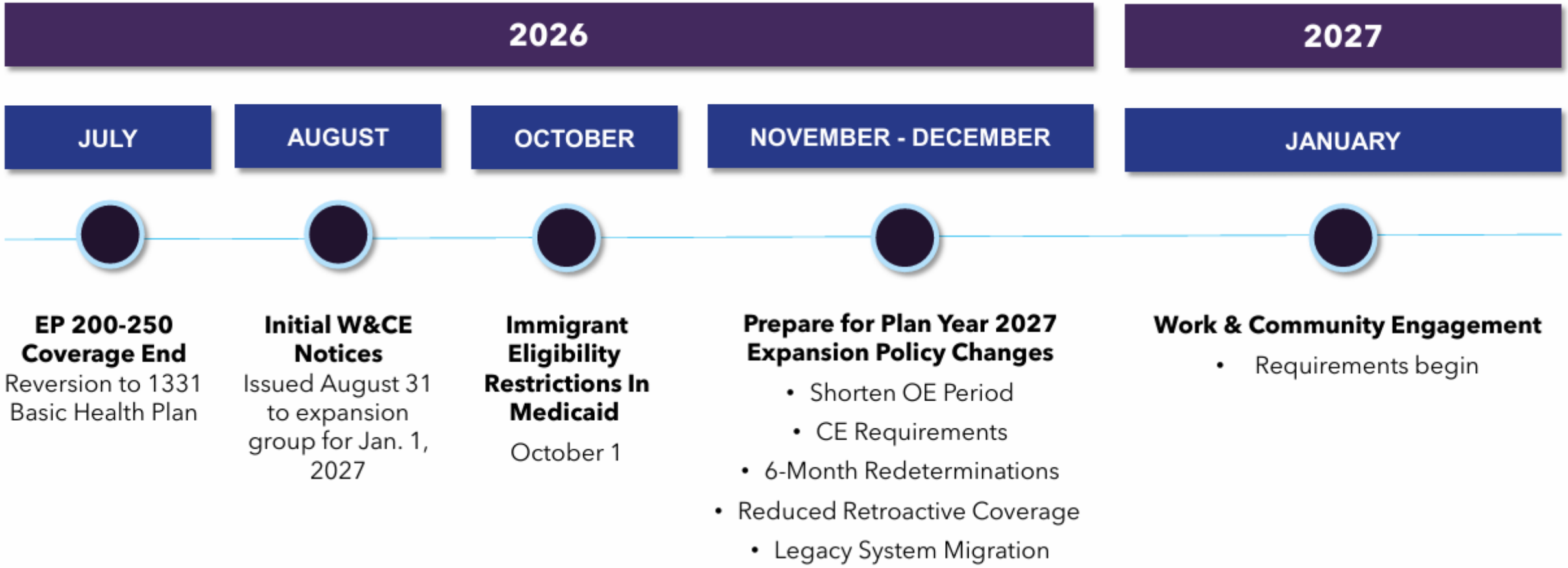
Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (March 11, 2026)

H.R. 1 Overview: Key Dates



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Sourced from UHF Convening: Implementing H.R.1 and Preserving Health Coverage in New York State (March 11, 2026)

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Communication & Marketing

Stay Covered Campaign

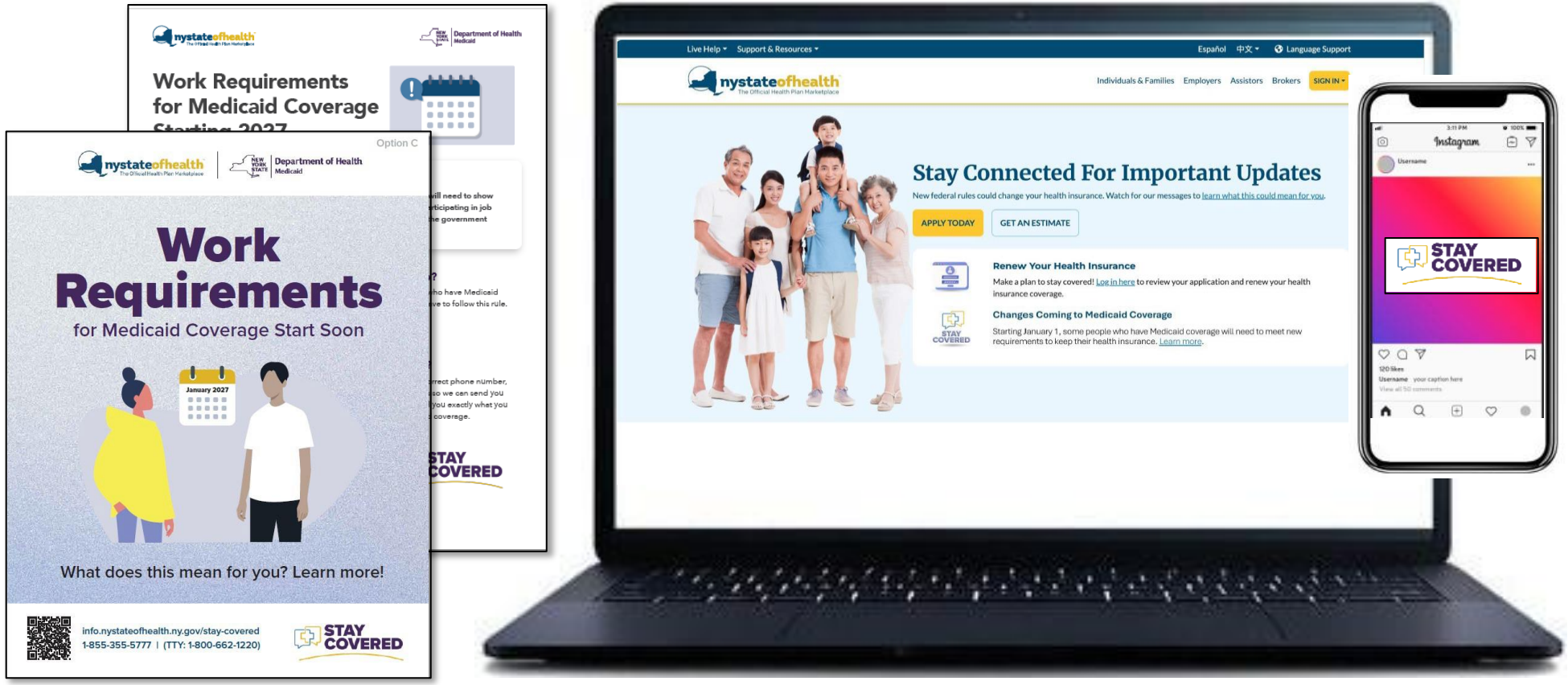
Helping Medicaid Members Navigate H.R.1

Campaign Execution – High Touch

Consistent messaging and assistant resources across platforms

Email

Text



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STAY COVERED

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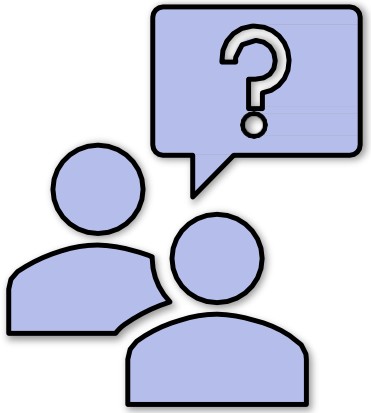
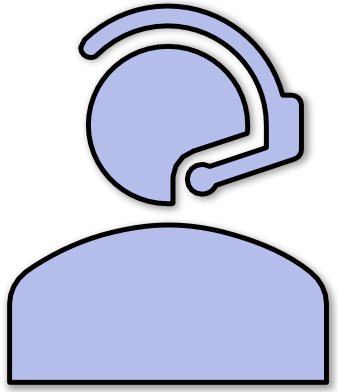
Campaign Execution – High Touch

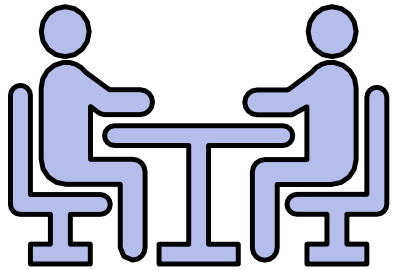
Consistent messaging and assistant resources across platforms



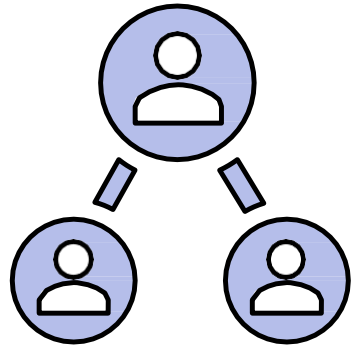
Assistor Network



Call Center



Partner Organizations



Outreach Events

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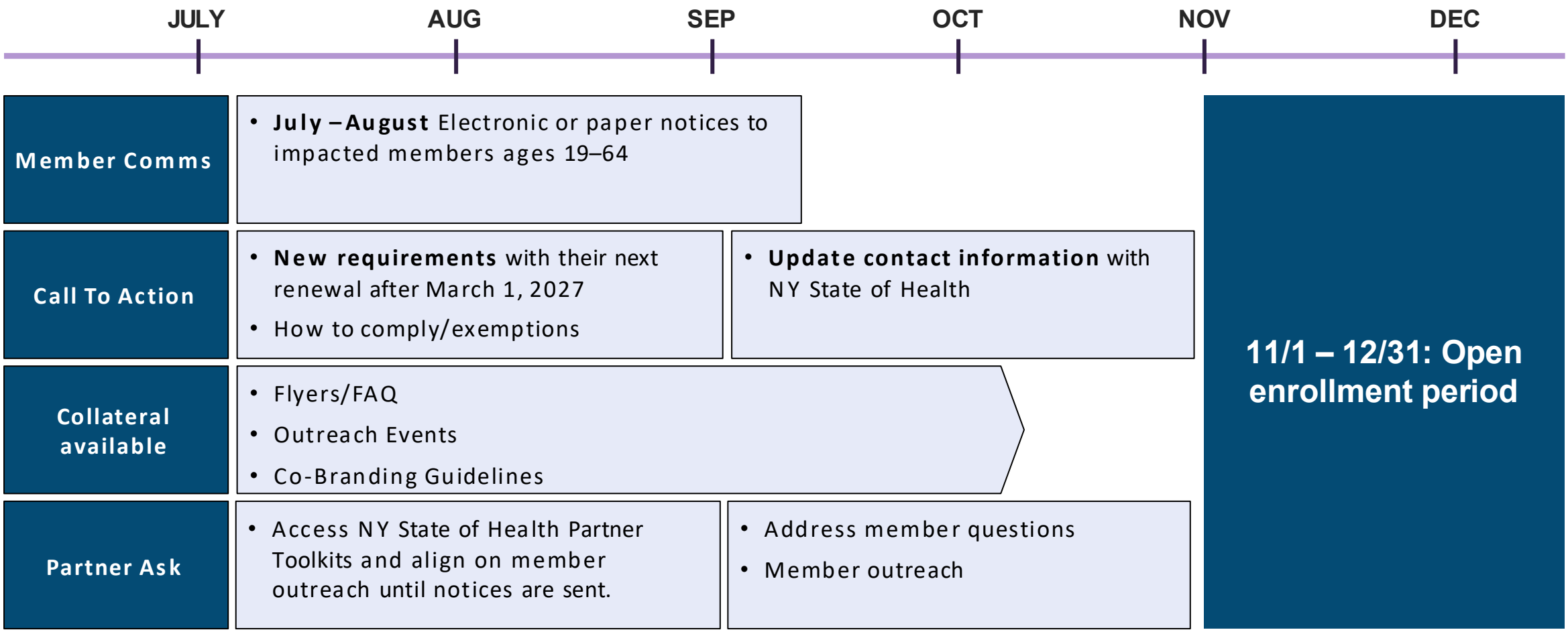
Next Steps: Phased H.R.1 Campaign Timing Roll Out



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NEW YORK STATE | Office of Temporary and Disability Assistance

SNAP Changes under HR.1

Overview of SNAP Eligibility, Policy and Work Rules Changes

Office of Temporary and Disability Assistance

Overview

New York State Office of Temporary and Disability Assistance (OTDA): Overview

New York State (NYS) OTDA is responsible for supervising programs that provide assistance and support to eligible families and individuals.

Supplemental Nutrition Assistance Program (SNAP) is regulated by United States Dept of Agriculture (USDA), supervised by OTDA. SNAP is administered at the county level, by 58 local departments of social services (LDSS).

At OTDA:

- **Food and Nutrition Policy Bureau** oversees eligibility policy and district case processing.
- **Employment and Advancement Services** oversees employment policies and programs for Public Assistance and the SNAP. These programs have work requirements for participants, unless they qualify for specific exemptions.

Changes to SNAP Eligibility, Policy and Work Rules Resulting from H.R.1

SNAP Changes under HR.1.

Policy Changes

- Able Bodied Adults Without Dependents (ABAWD)
- Standard Utility Allowance (SUA)
- Non-citizen Eligibility

Fiscal Changes

- SNAP Administrative cost shift
- SNAP Benefit cost shift (amount based on Payment Error Rate)
- Elimination of SNAP-Ed funding

SNAP Eligibility for Non-Citizens

Non-Citizen Eligibility Redefined

HR.1. (enacted 7/4/25) restricts SNAP eligibility to the following individuals:

- a **citizen or national** of the United States
- a **non-citizen lawfully admitted for permanent residence** (**Lawful Permanent Residents** (LPR))
- a non-citizen who has been granted the status of **Cuban and Haitian entrant**
- an individual who lawfully resides in the US in accordance with a **Compact of Free Association**

NYS Guidance

26DC019 Changes to SNAP Eligibility for Non-Citizens under H.R.1 – Preliminary Guidance issued April 1, 2026

- Those no longer eligible for SNAP due to ineligible status must adjust to LPR to continue to be eligible for SNAP. Screened at initial certification or recertification.

- Those with these underlying statuses confer immediate SNAP eligibility without a 5 year waiting period or additional conditions:
  - Refugees
  - Iraqi and Afghan Special Immigrants (SIV) or SQ/SI Parolee
  - Certain Afghan Nationals Granted Parole
  - Certain Ukrainian Nationals Granted Parole
  - Individuals Granted Asylum
  - Victim of Human Trafficking
  - Individuals admitted to the United States as an Amerasian immigrant
  - Deportation or Removal Withheld
  - Certain Hmong or Highland Laotian tribal members
  - Certain American Indians born abroad
  - Have a U.S Military Connection (Active Military or a Veteran)

NYS Guidance

LPR with these underlying status would be subject to the five-year waiting period, or may meet another conditions to be eligible immediately

- Qualified Battered Non-Citizens
- Individuals Granted Parole for a Period of at Least One Year
- Conditional Entrants

NEW YORK STATE | Office of Temporary and Disability Assistance

SNAP Work Rules

Overview of SNAP Work Rules, H.R.1 Changes, and ABAWD Medical Statement

SNAP Work Rules: Background

Who is subject to SNAP work rules?

SNAP General Rules

- Between the ages of 16 and 59.

SNAP ABAWD

- Between the ages of 18-64
- Does not live in with a child under 14 in the SNAP household.

Who is exempt or excused?

SNAP General Work Rules

- 60 years of age or older
- Already working at least 30 hrs./week or
- Already earning 30 times the federal minimum wage or more a week ($217.50).
- Unable to work due to a physical or mental health limitation.
- Meeting work requirements for another program (TANF or unemployment compensation).
- Taking care of a child under 6 or an incapacitated person.
- Participating regularly in an alcohol/drug treatment program.
- Studying in school or training program at least half-time.

SNAP ABAWD Rules (Post H.R.1)

- Exempt from the General Work Rules (Aside from individuals aged 60-64)
- Medically certified as physically or mentally unfit for employment.
- Pregnant.
- A parent or other member of a household with responsibility for a dependent child under 14.
- Individuals who are Indians, Urban Indians, California Indians, and other Indians who are eligible for the Indian Health Services.
- Living in an area where the ABAWD time limit is waived.

ABAWD Time Limit – Basics

3

Time limit:
3 months in a 3-year period

Statewide fixed clock:
Oct 1, 2023 – Sep 30, 2026

New period start:
Oct 1, 2026

How to meet the SNAP Work Rules?

SNAP General Work Rules

- Provide information about their employment status and availability to work.
- Accept a suitable job if offered, unless there is a reason why they can't.
- Not voluntarily quit a job or choose to work less than 30 hours each week without having a good reason, such as getting sick, being discriminated against, or not getting paid.
- Participate in SNAP Employment & Training (E&T) if the assignment is required.

SNAP ABAWD Work Rules

- Work at least 80 hours a month
- Participate in a work program at least 80 hours a month. A work program could be SNAP E&T or another federal, state, or local work program.
- Participate in a combination of work program hours for a total of at least 80 hours a month.
- Participate in work experience or volunteer in a community service program for the number of hours assigned each month (number of hours will depend on the amount of SNAP benefit).

SNAP Work Rules: H.R. 1 Changes

H.R. 1 Changes to SNAP ABAWD Policy

On July 4, 2025, the federal government passed H.R. 1, also known as the Reconciliation Bill.

The law made changes to SNAP ABAWD policy in two main areas:

- **ABAWD Exemptions**
  H.R. 1 changed who may be exempt from the ABAWD time-limit rules.
- **ABAWD Waivers**
  H.R. 1 also changed the criteria states must meet to request waivers from the ABAWD time limit.

H.R. 1 SNAP Work Rule Changes at a Glance

Policy Area	Prior to H.R.1	Post H.R.1	Change
Age Range	18–54	18–64	Population Expanded
Dependent Child Exemption	Adult residing with child under 18	Adult residing with child under 14	Exemption Narrowed
Fiscal Responsibility Act (FRA) Exemptions	Homeless, Veterans, Former Foster Youth (under 25) exempt	All three exemptions eliminated	Exemptions Removed
Exemption for Native Americans	Not included	Exemption added for individuals eligible for Indian Health Services	Exemption Added
ABAWD Waiver Criteria	High unemployment **or** lack of sufficient jobs	Only areas with unemployment rate above 10%	Waiver Eligibility Restricted

ABAWD Policy Changes Timeline

July 4, 2025

H.R. 1 was passed. The law expanded who is subject to the SNAP ABAWD rules.

November 1, 2025

New York State began using the new ABAWD criteria when reviewing new SNAP applications and recertifications.

March 1, 2026

New York State lost its ABAWD waiver and began implementing the time limit and work rules in all districts.

June 1, 2026

ABAWDs who did not comply for 3 months lost their SNAP benefits.

October 1, 2026

A new 3-year period begins for assessing ABAWD countable months.

Office of Temporary and Disability Assistance

Screening and Documentation at Application and Recertification

New Applicants and Recertifying Households

- **Screen for Exemptions**
  During the application or recertification interview individuals are assessed/screened for exemptions from the general SNAP work rules and ABAWD work rules.
- **Identify Barriers**
  If an individual identifies a physical or mental health barrier to meeting the ABAWD work rules, they may be required to provide medical documentation.
- **Submit Documentation**

  New York City
  Documentation may be submitted to HRA through:
  ACCESS HRA app | Mail | Fax | HRA Center drop-off

  Outside New York City
  Documentation may be submitted through the district's available process.
  Many upstate districts use NYDocSubmit. Documents may also be mailed, faxed, or dropped off.

ABAWD Medical Statement

Purpose of This Form

- ✓ Helps SNAP participants document several ABAWD exemptions.

Who Uses It

- ✓ SNAP participants who may qualify for an exemption due to:
  - Pregnancy
  - Participation in substance use treatment or rehabilitation
  - A health condition limiting their ability to work at least 20 hours a week

Who Completes It

- ✓ A licensed or certified health or behavioral health professional, including physicians, nurse practitioners, social workers, psychologists, substance use counselors, and others listed on the form.

When It's Due

- ✓ Completed forms must be submitted to the local Department of Social Services to support an exemption from the SNAP work rules.

Understanding “Unfit for Work” for ABAWD purposes

What does it mean?

A person may be considered physically or mentally unfit for work if a health condition limits their ability to work. This exemption is broader than being disabled.

A person may qualify if they have:

- An illness
- An injury
- A mental or physical limitation

These conditions may be temporary or permanent.

Work ability can vary

Some people may not be able to work at all. Others may be able to work some hours, but not enough to meet the ABAWD requirement. To qualify for an exemption from the ABAWD work rules, the person must be unable to work at least **20 hours per week**, as required by federal ABAWD rules.

Key point

This standard is less strict than the Social Security disability standard. It does not require a specific diagnosis.

ABAWD Medical Statement Form - OTDA

ABAWD Medical Statement

Client/Patient Information

Client/Patient Name:

Address:

Case #: CIN: DOB:

The person named above requests verification of their health condition or program participation. Please fill out this form.You or the person should send the completed form to the local Department of Social Services at the address listed below.

Client/Patient Authorization
I authorize the release of medical information and/or documentation of participation in a substance use rehabilitation program requested to the Department of Social Services. I understand that this information will be treated as confidential.

Client Signature: Date:

Please answer any of the questions below that apply. Please sign and date this form. Include your profession or position in your organization.*

1) Is this person pregnant?

☐ Yes ☐ No ☐ Unknown ☐ NA

If yes, due date:

2) Is this person participating in a substance use treatment, rehabilitation, or counseling program?

☐ Yes ☐ No

If yes, what is the expected program end date:

3) Does this person have a temporary or permanent mental and/or physical health condition, which limits their ability to work 20 or more hours each week (80 hours monthly)?

☐ Yes ☐ No

If yes, please state the time frame the person will not be able to work 20 or more hours a week (80 hours monthly) because of this condition:

☐ less than 30 days ☐ 1-3 months ☐ 4-6 months
☐ 6-12 months ☐ more than 12 months/or indefinitely

I certify that the information provided above is true and accurate.

Name (please print)

Title/profession*

Date form signed

Signature

Address

Phone

*This form may be signed by any of the following: physician, physician's assistant, nurse practitioner, osteopath, licensed or certified psychologist, substance use counselor, certified mental health counselor, licensed independent clinical social worker, licensed certified social worker, and certified midwife. For purposes of verifying a person's participation in a rehab or counseling program (Question #2), the director of the program or the individual's counselor may also sign this statement.

Please forward the completed form to the Department of Social Services:

Contact: **Phone #:**

Address:

Health Care Professionals:

You can help adults who have low income keep their Supplemental Nutrition Assistance Program (SNAP) benefits

SNAP benefits (formerly food stamps) allow people with low incomes to buy the food they need. Many SNAP recipients aged 18 to 64 who do not live with a child under 14 in the SNAP household are at risk of losing their SNAP benefits due to a SNAP rule referred to as Able-Bodied Adult Without Dependents (ABAWD) time limit. This rule restricts SNAP eligibility to three months unless the person is working or participating in certain work activities for at least 20 hours per week.

With just a few minutes of your time, you can easily help.

A person who cannot work 20 or more hours a week because of a physical or mental health issue is not considered an ABAWD.

Frequently Asked Questions

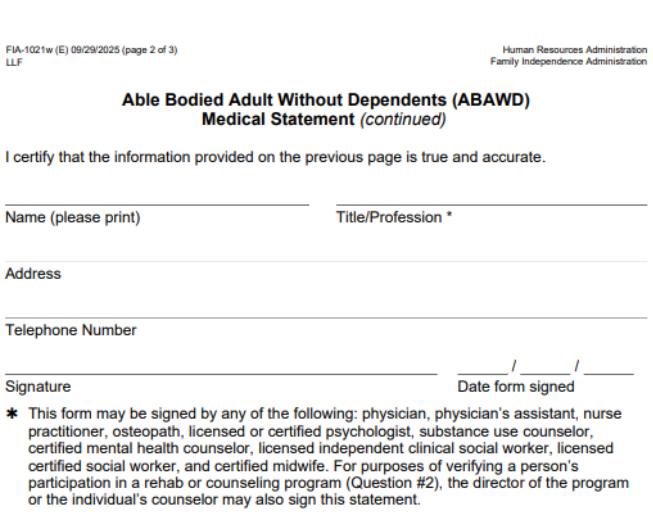
What is the definition of someone who is physically or mentally "unfit for work" under the ABAWD rule?

Being determined physically or mentally unfit for work is a broader exemption than being disabled. A person is considered physically or mentally unfit for work if they have an illness, injury, or some other mental or physical limitation, whether temporary or permanent, that does not allow them to work at least 20 hours per week as required pursuant to federal ABAWD time limit rules. Some patients have mental or physical health conditions that prevent them from working altogether; others have conditions that allow them to work but they may not be able to work full time, or even 20 hours per week. This standard is much less strict than the Social Security standard for disability and does not require a specific diagnosis.

How do I verify that my patient is "physically or mentally unfit for work" based on their condition?

Fill out the one-page ABAWD Medical Statement Form. Include the expected time frame of the condition and your signature. **A variety of healthcare professionals can sign this form** including: a doctor, doctor's assistant, a nurse, nurse practitioner, licensed or certified psychologist or social worker.

ABAWD Medical Statement Form - NYC



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LLF

Human Resources Administration
Family Independence Administration

Able Bodied Adult Without Dependents (ABAWD)
Medical Statement *(continued)*

I certify that the information provided on the previous page is true and accurate.

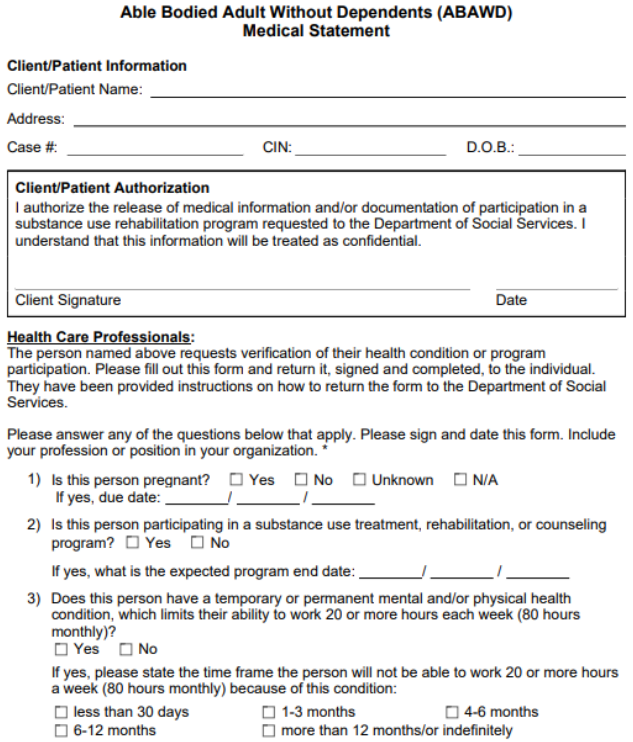
Name (please print) _____ Title/Profession * _____

Address _____

Telephone Number _____

Signature _____ Date form signed _____/_____/_____

* This form may be signed by any of the following: physician, physician's assistant, nurse practitioner, osteopath, licensed or certified psychologist, substance use counselor, certified mental health counselor, licensed independent clinical social worker, licensed certified social worker, and certified midwife. For purposes of verifying a person's participation in a rehab or counseling program (Question #2), the director of the program or the individual's counselor may also sign this statement.



NYC Department of Social Services
Human Resources Administration | Department of Homeless Services
Family Independence Administration

FIA-1021w (E) 09/29/2025 (page 1 of 3) LLF

Able Bodied Adult Without Dependents (ABAWD)
Medical Statement

Client/Patient Information

Client/Patient Name: _____

Address: _____

Case #: _____ CIN: _____ D.O.B.: _____

Client/Patient Authorization

I authorize the release of medical information and/or documentation of participation in a substance use rehabilitation program requested to the Department of Social Services. I understand that this information will be treated as confidential.

Client Signature _____ Date _____

Health Care Professionals:
The person named above requests verification of their health condition or program participation. Please fill out this form and return it, signed and completed, to the individual. They have been provided instructions on how to return the form to the Department of Social Services.

Please answer any of the questions below that apply. Please sign and date this form. Include your profession or position in your organization. *

1) Is this person pregnant? ☐ Yes ☐ No ☐ Unknown ☐ N/A
   If yes, due date: _____/_____/_____

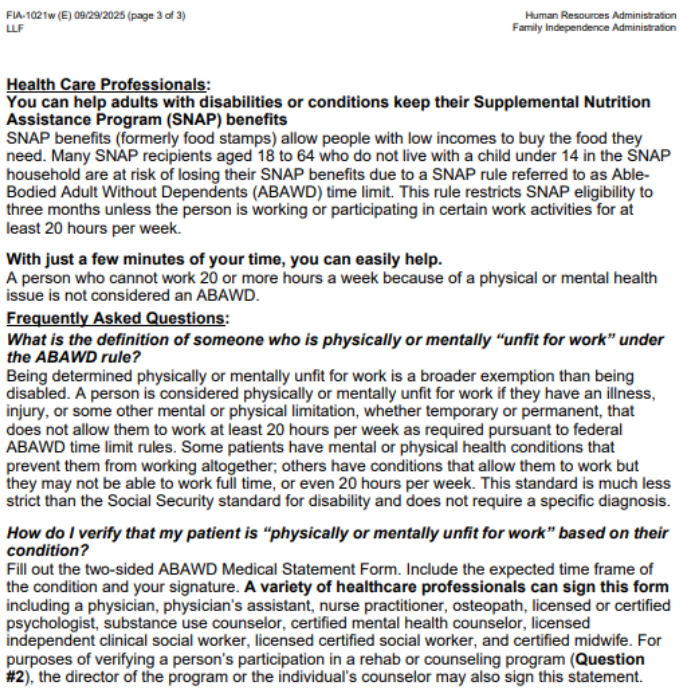
2) Is this person participating in a substance use treatment, rehabilitation, or counseling program? ☐ Yes ☐ No

   If yes, what is the expected program end date: _____/_____/_____

3) Does this person have a temporary or permanent mental and/or physical health condition, which limits their ability to work 20 or more hours each week (80 hours monthly)?
   ☐ Yes ☐ No

   If yes, please state the time frame the person will not be able to work 20 or more hours a week (80 hours monthly) because of this condition:

   ☐ less than 30 days ☐ 1-3 months ☐ 4-6 months
   ☐ 6-12 months ☐ more than 12 months/or indefinitely



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LLF

Human Resources Administration
Family Independence Administration

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How do I verify that my patient is "physically or mentally unfit for work" based on their condition?
Fill out the two-sided ABAWD Medical Statement Form. Include the expected time frame of the condition and your signature. **A variety of healthcare professionals can sign this form** including a physician, physician's assistant, nurse practitioner, osteopath, licensed or certified psychologist, substance use counselor, certified mental health counselor, licensed independent clinical social worker, licensed certified social worker, and certified midwife. For purposes of verifying a person's participation in a rehab or counseling program (**Question #2**), the director of the program or the individual's counselor may also sign this statement.

Outreach Materials & Resources

- Keep Your SNAP Benefits Fact Sheet - This flyer helps SNAP recipients and organizations that work with them. It raises awareness and promotes compliance with ABAWD work rules.
- Keep Your SNAP Benefits — American Sign Language (ASL) video on new work rules for Supplemental Nutrition Assistance Program (SNAP) benefits.
- You are an ABAWD. Now What? — This flyer helps SNAP recipients understand what they need to do to keep their SNAP benefits. It tells them how to claim an exemption and how to meet the work rules.
- Helping ABAWDs Can Help Your Community Organization Fact Sheet — This flyer helps community organizations learn about the ABAWD time limit and how they can help SNAP recipients meet the ABAWD work rules.
- What New Yorkers Need to Know About the Federal ABAWD Work Rules — This flyer, developed with the New York State Office of Mental Health, explains the SNAP ABAWD work rules, who may be exempt, and how work, training, or volunteering can help people keep their benefits. It also includes links to training and credential programs to help build skills and meet the rules.
- Social Media Graphics — Facebook, Instagram, and X graphics that any organization can download and share on their own social media platforms to raise awareness about the SNAP Work Requirements.

Office of Temporary and Disability Assistance

Office of Temporary and Disability Assistance

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OMH & OASAS Strategies

OMH & OASAS Strategies

- OMH and OASAS sponsoring training series to inform providers about impact of federal changes.
- Collaboration with DOH and OTDA about impacts on individuals with behavioral health conditions and providers.
- Dedicated webpages consolidating important information:
  - OMH Webpage - Information on Changes to Health Care Coverage and Social Services Benefits
  - OASAS Webpage – coming soon!
- Updates to PSYCKES in July, including:
  - New Recipient Search filters to identify clients whose Medicaid recertification is due in 1 month or whose Medicaid has been inactive in past 3 months or past year
  - New notification in "Planning Consideration" column of Recipient Search results, displaying clients' Medicaid Recertification alerts with expiration date, allowing users to pull a client list regardless of consent status
  - In future, identifying clients in Medicaid expansion population who do and do not have work requirements .

PSYCKES Information

- **New PSYCKES Features: Release 8.7.0**
- Date/Time: Wednesday, August 12th 11AM-12PM
- Description: Overview of new PSYCKES features released in July 2026, including: Medicaid Recertification updates; Critical Time Intervention (CTI) data now integrated into the Clinical Summary; new filters available in Recipient Search: Safe Options Support (SOS), CTI, and Mobile Crisis Team (MCT); Home Based Crisis Intervention (HBCI) data added from CAIRS, and more!
- Registration Link: https://meetny-gov.webex.com/weblink/register/r5651f216907907ef23872dc3d5e3cd6e

For any questions regarding the PSYCKES application, please contact the PSYCKES Helpdesk: PSYCKES-Help@omh.ny.gov

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New York Employment Services System (NYESS)

- Operating under a whole-person philosophy, NYESS provides people of all abilities, including those with disabilities, a single point of access for employment-related services and supports.
- NYESS manages the Work Incentive Network – a directory of certified Benefits Advisors across the state of New York to connect beneficiaries with benefits planning services.
    - NYESS offers monthly CEU training courses, and quarterly networking meetings for Work Incentive Practitioners
- Resources include How to **keep Medicaid while Earning Wages**- from Benefits 101 to increasing Work Incentive Navigators

- Learning Center | New York Employment Services System
- Find a NYESS Benefit Advisor
- New York Employment Resource Guide
- Job Seekers Guide for Employment
- Contuining Medicaid Coverage While Working

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What Providers Can Do Now

What Providers Can Do Now

- Know your population
- Payer Mix
- Review current eligibility policy and procedure
- Talk to your EHR/Billing vendor about batch eligibility processing
- EMEVS/EPACES Process Review
- Develop internal communication plan
- Review current self pay/no insurance policy and procedure, including your sliding fee schedule

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How Providers Can Assist Individuals

Work with individuals to make sure that their information (i.e. phone number, address) is accurate in the Medicaid system.

Develop external communication plan

Work with individuals to provide resources and information on what is changing and possible impact

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Next Steps

Survey

Please complete our brief feedback survey via the QR code or the link below

Survey Link: https://nyu.qualtrics.com/jfe/form/SV_bOh0bBNnMt7JPsG

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Resources

NYS Resources

- SNAP Work Requirements
- NY State of Health Support & Resources
- New Federal Changes Fact Sheet
- Implementing H.R.1: A Communications Tool Kit | NY State of Health
  - UHF Convening (3/11/26)
  - UHF Convening (6/18/26)

External Resources

- State Health & Value Strategies
  - Key Takeaways (slide 12) and Specified Excluded Individuals (Slide 13)
- Legal Action Center Overview

Questions & Answers