



Aaron Morris | Chief Executive Officer

J. Kevin Stitt | Governor

August 31, 2026

DET-1005-O

Medicaid Work Requirements Start in January

Dear Member:

Important changes are coming to SoonerCare (Medicaid) because of a new federal law. Starting January 1, 2027, some members must meet new work and community engagement requirements to keep their coverage. If we cannot verify that you meet the requirement or qualify for an exception, OHCA may ask you for more information.

How will this affect me?

You will complete your renewal at your usual renewal date. The process will be similar, but if the work requirement applies to you, you may need to provide additional information. At renewal, you must meet the work requirement for at least one month since your last eligibility determination.

OHCA will first try to check if you meet the requirements or qualify for an exception using information we already have. If we don't have what we need, we will send you a notice explaining what information you need to give to us to keep your SoonerCare (Medicaid) coverage.

What should I do right now?

1. **Update your information:** Make sure your phone number, address and email are up to date at www.MySoonerCare.org.
2. **Watch your mail and email:** Check your mail and email for letters from SoonerCare or OHCA with more instructions.
3. **Review resources:** If you need help finding a job or enrolling in school, view resources on the Work Requirements page at www.Oklahoma.gov/OHCA/WorkRequirements.

Who do work requirements apply to?

If you receive this letter, you will likely have to meet work requirements unless one of the exceptions listed on the next page applies to you. Work requirements apply to most adults 19 to 64 years old on SoonerCare (Medicaid).



ADDRESS

4345 N. Lincoln Blvd.
Oklahoma City, OK 73105



WEBSITES

oklahoma.gov/ohca
mysoonerCare.org



PHONE

Admin: 405-522-7300
Helpline: 800-987-7767

What are the exceptions?

Certain members will not have to meet work requirements. These members include:

- Individuals entitled to or enrolled in Medicare
- Children 18 years old and younger
- Adults 65 years old or older
- Foster and former foster youth 25 and younger
- Pregnant and postpartum women
- Parents or caretakers of children 13 years old and younger
- Parents or caretakers of individuals with disabilities
- American Indian/Alaskan Native individuals
- Veterans with a disability rated total/100%
- Individuals with a health condition that makes it difficult to meet the work requirements
- Blind or disabled individuals
- Those with a substance use disorder or disabling mental disorder
- Individuals with a serious or complex medical condition
- Participants in a qualifying addiction or alcohol treatment program
- Individuals who meet TANF work requirements, or receive SNAP and are subject to SNAP work requirements
- Individuals currently incarcerated or incarcerated within the last 3 months

Additional short-term hardship exceptions

Members may request short-term exceptions. OHCA will provide additional information on the process to request one. The short-term hardship exceptions are:

- Individuals receiving inpatient hospital, nursing facility, ICF/IID, inpatient psychiatric, or certain other similar inpatient or outpatient services.
- Individuals who must travel outside their community for an extended period to receive necessary medical treatment for a serious or complex medical condition may request a short-term hardship exception. This also applies when the individual's dependent must travel for such treatment.
- Individuals residing in a county or equivalent unit of local government where an emergency or disaster has been declared by the President under the National Emergencies Act or the Stafford Act. OHCA must obtain federal approval before this specific exception can be utilized.
- Individuals residing in a county or equivalent unit of local government that has an unemployment rate that is at or above the lesser of 8 percent or 1.5 times the national employment rate. OHCA must obtain federal approval before this specific exception can be utilized.

How do I meet the work requirements?

You can meet work requirements if you meet at least one of the following conditions in a month:

- Have a monthly income that is at least \$580
- Be a seasonal worker and have an average monthly income over the previous 6 months that is at least \$580
- Work at least 80 hours
- Complete at least 80 hours of community service
- Participate in a work program for at least 80 hours
- Be actively enrolled in an educational program at least half-time
- Engage in any combination of work, community service, a work program or education for a total of at least 80 hours

What happens if I don't meet the work requirements?

If you do not meet the work requirements and do not qualify for an exception, you may lose your SoonerCare coverage. OHCA will first try to verify whether you meet the requirement or qualify for an exception using information already available to us. If we need more information, we will send you a notice. You will have 30 days to respond. If you do not provide the information we need, you could lose your coverage even if you actually meet the requirement or qualify for an exception. If you lose SoonerCare because you do not meet the work requirement, you may also be unable to receive federal tax credits to help pay for coverage through the Health Insurance Marketplace.

How can I report a change that may meet an exception or exclusion?

Update your application with any change in circumstances within 10 days of the change. Log in to your www.MySoonerCare.org account to report it. This tells us to check again to see if you are excluded from work requirements.

Sincerely,

Oklahoma Health Care Authority