

Medicaid rules are changing

Starting July 1, 2026, Montana Medicaid has new work and volunteer rules. If you are a healthy adult ages 19–64 with Montana Medicaid, you must complete 80 hours of approved activities each month unless you qualify for an exemption.



Act now: Don't risk losing your benefits

Keep your contact information up to date

Update your contact information with the state of Montana to get important information by mail, email, or text.

Create a self-service portal account online

View information about your upcoming renewal date, apply for benefits and upload documents through your online account.

Scan the QR code or go to apply.mt.gov



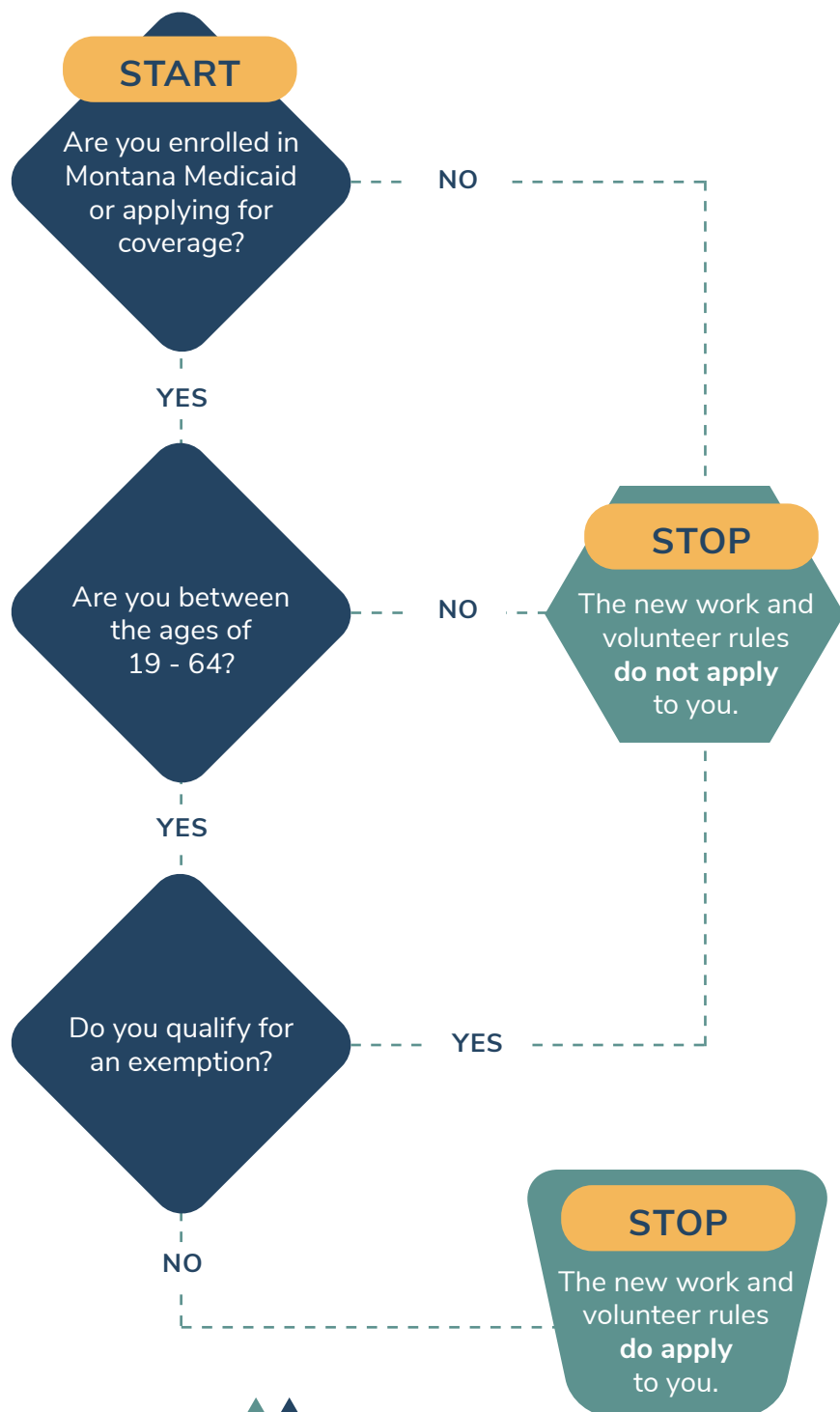
Wonder if this matters to you? Some people are excluded from the new rules. Turn this document over to learn more.

Enrolled tribal member? These new rules don't apply to you. Just keep your contact information up to date.

New Medicaid Work Rules Start July 1, 2026

Some adults with Montana Medicaid may need to work, volunteer, go to school, or complete other approved activities to keep their health coverage.

Use the chart below to see if these new rules apply to you.



These rules apply if you:

- are 19–64 years old
- have Medicaid Expansion coverage
- do not qualify for an exemption

You can meet the 80-hour monthly requirement by:

- working at a job
- volunteering or doing community service
- taking part in a job training or workforce program
- going to school
- earning \$580 or more each month

You may be exempt if you:

- are American Indian or Alaska Native
- are pregnant or recently had a baby
- care for a child under age 13
- care for a person with a disability
- are a veteran with a disability
- have a serious medical condition
- are in drug or alcohol use treatment
- are in jail, prison, or were recently released
- qualify for Medicare
- meet SNAP or TANF work rules
- receive SSI or SSDI
- are staying in a hospital, nursing home, or similar facility
- must travel a long distance to get medical care for yourself or a dependent



Scan the QR code or go to dphhs.mt.gov/medicaidchanges to learn more.