

# 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 renewal date, apply for benefits and upload documents through your online account.

Scan the QR code or go to [apply.mt.gov](https://apply.mt.gov)



  
**COVER MONTANA**  
(844) 682-6837 | [covermt.org](https://covermt.org)

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

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