H.R. 1 Impact on Maryland SNAP and Medicaid

Updated October 2026

Maryland

What is it?

H.R. 1, passed by Congress and signed into law by President Trump, makes historically significant changes to Medicaid and the Supplemental Nutrition Assistance Program (SNAP). The main changes require more adults to:

- Report work, training, or activity hours
- Check in with state agencies more often
- Submit extra paperwork to keep benefits

Medicaid covers

1.5 million+

Nearly 1 in 4 Marylanders, including half of all children across the state.

SNAP feeds

645,000+

Marylanders each month, including ~250,000 children (average benefit $180/month).

Key federal changes

SNAP — Started Nov. 1, 2025

Up to 80,000

Additional Maryland SNAP customers must meet requirements to keep nutrition benefits

- Report work or activity hours
- Report hours every month

Medicaid — Starts Jan. 1, 2027

320,000

Maryland Medicaid members must meet new requirements to keep health coverage

- Report work or activity hours
- Renew coverage every 6 months

ⓘ Some individuals may be exempt from the new work requirements. See the next page or contact your caseworker to learn more.

What you can do now

- **Update contact information immediately:** Log into online accounts to avoid missing critical notices.
- **Watch mail and email:** Review official letters regarding benefit deadlines and required next steps.
- **Use the online check-in tool:** Visit marylandhealthconnection.gov/checkin to check if new requirements apply.

For help with benefits

- **Medicaid:** Log in at marylandhealthconnection.gov or call **855-642-8572** (Help in 200+ languages).
- **SNAP:** Contact your local Department of Social Services at dhs.maryland.gov/local-offices or call **1-800-332-6347**.
- **More help:** Dial **2-1-1** or visit 211MD.org, or apply for additional assistance at marylandbenefits.gov.

Comparison of H.R. 1 changes for SNAP and Medicaid

Topic	SNAP Food Benefits	Medicaid Health Coverage
Effective date	**SNAP:** November 1, 2025	**Medicaid:** January 1, 2027
Work rules	**SNAP:** Certain adults aged 18–64 must report 80 hours per month of work, job training, or volunteering.	**Medicaid:** Certain adults aged 19–64 must report 80 hours in one month of work, school, job training, or volunteering, or earn $580/month.
Renewal timelines	**SNAP:** No change	**Medicaid:** Members must renew twice a year starting in 2027.
Who is exempt?	**SNAP:** • Pregnant people • Individuals with disabilities or who are medically unfit to work • Native Americans • Caregivers of children under 14 at home • People in drug/alcohol treatment • Those caring for an incapacitated person **Learn more about SNAP exemptions: dhs.maryland.gov/important-changes-snap-benefits/ (or scan QR code)**	**Medicaid:** • Pregnant people • Individuals with a health condition that makes it hard to work • Native Americans • Caregivers of children under 14 at home • People in drug/alcohol treatment • Former foster youth under 26 • Disabled veterans **Learn more about Medicaid exemptions: marylandhealthconnection.gov/checkin/ (or scan QR code)**
New paperwork rules	**SNAP:** To get credit for heating/utility expenses, households without an elderly (60+) or disabled member must submit a utility bill from the last 30 days.	**Medicaid:** Certain adults must verify participation in work, an approved activity, or earnings, and must also renew coverage every six months instead of once a year.
Immigrant eligibility	**SNAP:** Noncitizens are no longer eligible unless they are Lawful Permanent Residents (green card holders), Cuban/Haitian Entrants, and COFA Migrants.	**Medicaid:** Noncitizens are no longer eligible unless they are Lawful Permanent Residents (green card holders), Cuban/Haitian Entrants, COFA Migrants, and Iraqi/Afghan SIV Holders. Note: Children under 21 and lawfully present pregnant people remain eligible.

ⓘ If someone meets SNAP work requirements, they will likely satisfy Medicaid work requirements. If someone is exempt from SNAP work requirements, they could also be exempt from Medicaid work requirements.