



STATE OF MARYLAND

OFFICE OF THE GOVERNOR
Wes Moore

Dear Fellow Marylander:

Last year, President Trump signed a new law that strips health care access and food assistance from hundreds of thousands of Marylanders. Because of federal changes to the Supplemental Nutrition Assistance Program (SNAP) and Medicaid, your benefits may be at risk — but my administration is working to protect the assistance you rely on.

Understanding Federal Changes to SNAP and Medicaid

SNAP

The new federal law makes it harder for some to keep their SNAP benefits. Up to 80,000 Marylanders may now need to report monthly work hours to continue receiving food assistance, including:

- Adults ages 55-64;
- Parents of children over age 13;
- Veterans;
- People experiencing homelessness;
- And former foster youth.

You may not have to meet these work rules if you qualify for an exemption. Contact your caseworker or visit MarylandBenefits.gov to learn more.

The new law also ends SNAP benefits and Medicaid coverage for thousands of refugees, asylees, and other lawful immigrants.

Medicaid

Some federal changes to Medicaid eligibility will take effect beginning in October and work requirements start in January 2027. Some Medicaid participants will be required to complete at least 80 hours of work or other activities - or earn \$580 in a month - to keep their health coverage, and some will also need to renew their coverage twice a year.

How Maryland is Helping You

I understand how important these benefits are to you and your family. My administration is working to help you receive health and food benefits for as long as you are eligible.

Maryland continues to make SNAP benefits easier and more secure to access. For example, the Maryland One App allows you to apply for and renew benefits through a single online application. This summer, we also sent you new, more secure Electronic Benefit Transfer cards to better protect you from theft and fraud. Additionally, we invested \$30 million to expand SNAP Employment and Training services across the state, helping connect you with jobs and free training opportunities.

If you have recently lost SNAP benefits, I encourage you to contact your caseworker to see if you qualify for an exemption from the new work requirements. As of July 1, 2026, you may be able to reapply for three months of SNAP benefits. To learn more, please visit:

dhs.maryland.gov/snap-benefits-reset/.

We know these changes may be confusing or stressful. Maryland is doing everything possible to help you keep your benefits.

Visit marylandhealthconnection.gov/checkin and dhs.maryland.gov/important-changes-snap-benefits to learn more about changes to Medicaid and SNAP.

Sincerely,

A handwritten signature in black ink, appearing to read 'Wes Moore', with a stylized flourish at the end.

Wes Moore
Governor