



SNAP and Apple Health Changes Quick-Reference Guide for Community-Based Workers



**PUBLISHED SEPTEMBER 2026
FOR 2026-2027 APPLE HEALTH AND SNAP CHANGES**

FOR WASHINGTON STATE

This guidebook was developed by the Coalition of Accountable Communities of Health.

Note: *This guidebook was developed in August 2026 based on the federal rules and guidance provided at that time. The online version of this document will be updated as the federal government rolls out updates and changes.*

Introduction

COMMUNITY-BASED WORKERS & PARTNERS –

Thank you for your commitment to helping community members maintain their medical and food benefits through federal changes to Apple Health (Medicaid) and SNAP food assistance programs.

WHAT'S HAPPENING?

Important changes are coming to Apple Health (Medicaid) and SNAP. People receiving Apple Health or SNAP may need to:

Update contact and eligibility information more often

Meet new requirements

Turn in information to keep benefits

If you work with people who receive Apple Health and SNAP, this guidebook is for YOU. With changes taking effect soon, we need your help now.

Thank you for all of your partnership in keeping Washingtonians covered!

Be well,
Coalition of Accountable Communities of Health

The bottom line: People will need to prove they qualify more often, without errors, to keep their benefits.

We're here to help you help people keep their benefits.

HOW TO USE THIS GUIDEBOOK

Please note: This guidebook is written in plain, client-facing language you can use directly when explaining benefit changes to clients.

This guidebook will help you:

- Explain Apple Health and SNAP changes
- Understand what's happening so you can answer questions
- Connect people to resources
- Hand printable action pages marked with this icon () to clients as a take-home resource

Additional ways to help:

- Know who can help with applications
- Know where to go or send someone for more information
- Learn more about becoming a [Community Connector](#)

Population-Specific Info

WHO THIS GUIDE IS FOR:

This guidebook addresses changes to Apple Health (Medicaid) and SNAP for Adults.

If you are seeking Apple Health and/or SNAP information for children, please see [pg. 28](#) for additional resources.

TRIBAL MEMBERS:

If you are a Tribal Member...

- **You do not have to meet the work requirements for Apple Health or SNAP.** Indigenous people and Native Americans – referred to in the Interim Final Rule as “American Indians” – including members of federally recognized tribes, Alaska Natives, and anyone who receives health care from the Indian Health Service, do not have to meet the requirement.
- **You self-attest** in Washington Healthplanfinder and do not need to show Tribal enrollment paperwork. *(Note: this does not apply to SNAP documentation, only Apple Health.)*
- **You will continue renewing your Apple Health every 12 months**, not 6.

NONCITIZENS:

If you are a Noncitizen...

- Beginning October 1, 2026, only certain groups of people count as “qualified noncitizens” – **see [pg. 15-16](#) to understand the changes and if you are eligible for Apple Health.**



If immigration status is the only thing keeping you from food benefits (SNAP), Washington has a program for you:



Visit the [DSHS website](#) to learn more about the State Food Assistance Program

Table of Contents

What's Happening?	2
How to Use This Guidebook	2
Population-Specific Info	3
Overview Checklist: SNAP and Apple Health Changes	5
SNAP Changes	6
Are You Impacted by SNAP Changes?	7
Able-Bodied Adult Without Dependents Classification	8
Exemptions (from Work Requirements)	8
Work Requirements	10
Next Steps	12
Apple Health (Medicaid) Changes	13
Are You Impacted by Apple Health Changes?	14
Eligibility	15
New Definition of Qualified Noncitizens	15
Exemptions (from Work Requirements)	17
Work Requirements	20
New Work Requirements Timeline	21

Renewal Process and Retroactive Coverage Changes	23
Next Steps	24

For Individuals Receiving both Apple Health (Medicaid) and SNAP Benefits	25
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Exemptions Comparison	25
Work Requirements Comparison	26

Glossary	27
Resources	28





SNAP

WHAT TO KNOW:

- ☐ Find out if you're considered an [Able-Bodied Adult Without Dependents \(ABAWD\)](#)
- ☐ Check if you are [exempt](#) from new work requirements
- ☐ If you don't qualify for an exemption, learn about [new work requirements](#)
- ☐ Know what to expect at your next [eligibility review](#)

WHAT TO DO:

- ☐ Complete your eligibility review by _____ to avoid losing benefits.
- ☐ Make sure the state has your current contact information (address, phone number and email).



Update your information at [Washington Connection](#)

- ☐ Respond right away to any notice — you may have limited time to act.
- ☐ You will be screened for work requirements and exemptions during your interview, and you'll get a letter explaining what applies to you.
- ☐ If you need to meet the work requirement, start tracking your hours now.

Apple Health

WHAT TO KNOW:

- ☐ Find out if you [qualify](#) for Apple Health
- ☐ Check if you qualify for an [exemption](#) from new work requirements
- ☐ If you don't qualify for an exemption, learn about [new work requirements](#)
- ☐ Learn how the [renewal process](#) is changing
- ☐ Know what to expect at your next [eligibility review](#)

WHAT TO DO:

- ☐ Make sure the state has your current contact information (address, phone number and email).



Update your information at [Washington Healthplanfinder](#)

- ☐ Respond right away to any notice — you may have limited time to act.
- ☐ If you qualify for an exemption, especially medical frailty, talk to your doctor about documentation.
- ☐ If you need to meet the work requirement, start tracking your hours now.
- ☐ Apply for coverage as soon as you need it.

SNAP Changes

A new federal law means more people on SNAP now have to meet work requirements. You may be affected if you're an Able-Bodied Adult Without Dependents ("ABAWD").

YOUR GUIDE TO SNAP CHANGES:

- ☐ **ACTION NEEDED** Find out if you're considered an **Able-Bodied Adult Without Dependents (ABAWD)** (pg. 8)
- ☐ **ACTION NEEDED** Check if you are **exempt** from new work requirements (pg. 8)
- ☐ **ACTION NEEDED** If you don't qualify for an exemption, learn about **new work requirements** (pg. 10)
- ☐ **ACTION NEEDED** Know what to expect at your next **eligibility review** (pg. 12)

ARE YOU IMPACTED BY SNAP CHANGES?

Under 18 or 65 and older

American Indian or Alaska Native

Pregnant



Not Affected

No changes

A child under 14 is part of your SNAP household

You have a disability or a doctor says you cannot work

You care for someone who cannot care for themselves

You are in alcohol or drug treatment



Might be Exempt from New Work Requirements

Check the list of exemptions on [pg. 8](#)

An adult 18 to 64 with no child under 14 in your SNAP household

A veteran

***Note:** this group used to be excused from work requirements but they are not anymore*

Experiencing homelessness

***Note:** this group used to be excused from work requirements but they are not anymore*

A young adult who left foster care

***Note:** this group used to be excused from work requirements but they are not anymore*



Must Take Action on New Work Requirements

Check the new work requirements on [pg. 10](#)

“ABAWD” CLASSIFICATIONS

Are you an Able-Bodied Adult Without Dependents (ABAWD)?

	Previous Classifications	New Classifications
Age	18-54	18-64 (<i>increased age range</i>)
Parent/caregiver exemption	Exempt if a child under 18 was in the SNAP household	Exempt if a child under 14 is in the SNAP household (<i>reduced age cutoff; the child does not have to be your own</i>)
Veterans	Exempt	Must now meet work requirements (<i>unless another exemption applies, such as having a disability</i>)
Former foster youth	Exempt	
People experiencing homelessness	Exempt	

ACTION
NEEDED

DO YOU QUALIFY FOR AN EXEMPTION FROM WORK REQUIREMENTS?

You **DO NOT** have to meet new work requirements if you're:

If you are...

Younger than 18 or older than 64
Pregnant
Living in a SNAP household that includes a child younger than 14 (<i>the child does not have to be your own</i>)
Caring for a person who can't care for themselves
Physically or mentally unable to work an average of 20 hours a week
American Indian or Alaska Native
Applying for or receiving unemployment benefits
Receiving TANF and meeting WorkFirst requirements
Enrolled in school at least half-time (<i>reduced requirements may still apply</i>)
Participating in a treatment or rehabilitation program for substance use

Then you are...



**Exempt from
work requirements**

IMPORTANT NOTE: If one person in a food assistance household becomes ineligible, others in the household may continue receiving food benefits.



HOW TO SHOW THAT YOU'RE EXEMPT FROM NEW WORK REQUIREMENTS

If you **do** qualify for an exemption from new work requirements, all SNAP participants will be required to have an eligibility review to determine exemption status. Here's how to prepare for your eligibility review:

Exemption to new work requirements:

What you need to do:

Younger than 18 or older than 64	No proof needed <i>Your age is already confirmed when you apply for SNAP.</i>
Pregnant	Self-attest <i>You may be asked for documentation from your doctor or another reliable source.</i>
Living in a SNAP household that includes a child younger than 14 (the child does not have to be your own)	No proof needed
Caring for a person who can't care for themselves	Self-attest <i>You may be asked for specific documentation confirming the person's medical condition.</i>
Physically or mentally unable to work an average of 20 hours a week	Self-attest <i>You may be asked for documentation from your doctor, provider, or a source familiar with your situation.</i>
American Indian or Alaska Native	Self-attest <i>If your status is unclear, you may be asked to provide documentation.</i>
Applying for or receiving unemployment benefits	Self-attest <i>If proof is needed, be ready to show your unemployment claim letter.</i>
Receiving TANF and meeting WorkFirst requirements	No proof needed <i>DSHS already has your TANF and WorkFirst records.</i>
Enrolled in school at least half-time (reduced requirements may still apply)	Provide a class schedule or enrollment verification from the school showing you're enrolled at least half-time.
Participating in a treatment or rehabilitation program for substance use	Self-attest <i>If asked, be ready to show an admission letter or statement from your provider.</i>

I DO NOT QUALIFY FOR AN EXEMPTION TO NEW WORK REQUIREMENTS, HOW CAN I SATISFY THE REQUIREMENTS TO KEEP MY BENEFITS?

If you're an ABAWD and don't qualify for an exemption, **you must do one of the following:**

If you...

Then you...

Earn at least \$935.25 in monthly household income

Work an average of 80 hours per month - *paid work, including self-employment*

Do unpaid work at least 80 hours per month - *volunteering or trading work for goods/services*

Participate in DSHS (Department of Social and Health Services) Workfare - *your required hours are based on your monthly SNAP benefit and the minimum wage where you live, not a set 80 hours. Workfare counts on its own and can't be combined with other activities.*

Participate in a SNAP job training program, such as BFET (Basic Food Employment and Training) at least 80 hours per month

Participate in an approved education or training program at least 80 hours per month

Combine paid work, unpaid work, job training, or education to reach 80 hours per month (*Workfare can't be combined*)



Meet work requirements



Note: If you don't meet the work requirement and don't qualify for an exemption, you can only get SNAP for 3 months in a 3 year period.



HOW TO SHOW YOU'RE MEETING THE WORK REQUIREMENT (IF YOU DON'T QUALIFY FOR AN EXEMPTION TO NEW WORK REQUIREMENTS)

Your Work Requirement Option:

Local Resources Added Here:

Earn at least \$935.25 in monthly household income	
Work an average of 80 hours a month (<i>paid work, including self-employment</i>)	
Do unpaid work (<i>volunteering or trading work for goods/services</i>)	
Participate in DSHS (Department of Social and Health Services) Workfare (<i>your required hours are based on your monthly SNAP benefit and the minimum wage where you live, not a set 80 hours. Workfare counts on its own and can't be combined with other activities.</i>)	
Participate in a SNAP job training program, such as BFET	
Participate in an approved education or training program	
Combine paid work, unpaid work, job training, or education to reach 80 hours per month (<i>Workfare can't be combined</i>)	

FOR MORE INFO:



Visit the
[DSHS website](https://www.dshs.wa.gov)



SNAP (Food) Changes

WHAT'S NEXT?

☐ Complete your *eligibility review* by _____ to avoid losing benefits.

☐ Make sure the state has your *current contact information* (address, phone number and email).



Update your information at [Washington Connection](#)

☐ *Respond right away* to any notice — you may have limited time to act.

☐ You will be *screened for work requirements and exemptions* during your interview. You can expect to receive a letter explaining what applies to you.

☐ If you need to meet the work requirement, *start tracking your hours now*.

FOR MORE INFO:



Visit the
[DSHS website](#)

Apple Health (Medicaid) Changes

A federal rule is changing how you access Apple Health (Medicaid) benefits. Here's what's changing:

- **Updated exemptions** - check to see if this applies to you
- **New work requirements** - if you're not exempt, you'll need to meet these
- You will need to renew **every 6 months** instead of once a year *(or every 12 months for certain groups, including children and people on disability-based programs)*
- **Eligibility** - starting October 1, 2026, only certain groups count as "qualified noncitizens" — check to see if you're still eligible

YOUR GUIDE TO APPLE HEALTH CHANGES:

- ☐ **ACTION NEEDED** Find out if you qualify for Apple Health (pg. 15)
- ☐ **ACTION NEEDED** Check if you qualify for an exemption from new work requirements (pg. 17)
- ☐ **ACTION NEEDED** If you don't qualify for an exemption, learn about new work requirements (pg. 20)
- ☐ **ACTION NEEDED** Learn how the renewal process is changing (pg. 23)
- ☐ **ACTION NEEDED** Know what to expect at your next eligibility review (pg. 24)

ARE YOU IMPACTED BY APPLE HEALTH CHANGES?**A child**

Pregnant, or in the first year after giving birth

American Indian or Alaska Native

On a program other than Apple Health for Adults

**Not Affected**

No changes

You live with a child under 14

You are medically frail or have a disability

You are in alcohol or drug treatment

You were recently released from jail or prison

**Might be Exempt from New Work Requirements**

Check the list of exemptions on [pg. 17](#)

An adult 19 to 64 on Apple Health for Adults with no exemptions

Note: starting January 2027 you need 80 hours per month of work, school, or community service, and you will renew every 6 months

**Must Take Action on New Work Requirements**

Check the new work requirements on [pg. 20](#)

A person with refugee, asylee, or other humanitarian status

Note: your coverage may end after September 30, 2026



Children, pregnant individuals, and individuals within 12 months postpartum are eligible for Apple Health regardless of immigration status if they meet all other requirements.

**May no longer be eligible for Apple Health**

Check if you are eligible on [pg. 15-16](#)



ARE YOU ELIGIBLE FOR APPLE HEALTH?

To be eligible for Apple Health for Adults, you must meet the following criteria:

To be eligible for Apple Health for Adults, you must meet the following criteria*:

Age 19-64 without Medicare

Washington State Resident

Have an income under 138% of the federal poverty level (FPL)

These have **not changed under the new federal law*

Starting October 1, 2026, only these groups count as “qualified noncitizens”:

Individuals admitted as lawful permanent residents (LPR)

Certain Cuban and Haitian immigrants

Compact of Free Association (COFA) islanders

Note: DACA Recipients are no longer considered “qualified noncitizens” starting October 1, 2026



Need help applying? Free help is available in your language:



Find an assistor near you, or read about Apple Health in 15 languages / Visit the [HCA website](#)



Need an interpreter?



Apple Health covers interpreters for appointments. Ask your provider / Visit the [HCA website](#)



 Eligible for Apple Health:

U.S. citizens and nationals

Green card holders who have either met the 5-year bar or are excused from it

Compact of Free Association (COFA) islanders

Cuban-Haitian entrants

 No longer eligible for Apple Health:

Asylees

Conditional entrants

DACA Recipients

Refugees

People granted withholding of deportation or removal

Victims of trafficking

Violence Against Women Act (VAWA) self-petitioners

Parolees, including:

- Individuals paroled as part of the Afghan Allies Protection Act of 2006.
- Afghans granted humanitarian parole between July 31, 2021 and September 30, 2023.
- Ukrainians granted humanitarian parole between February 24, 2022 and September 30, 2024.

**Losing Apple Health?
You may still have options.**

You may qualify for emergency care, pregnancy coverage, or family planning coverage. You can also buy a health plan with savings through Washington Healthplanfinder.



Call 1-800-562-3022 to find out what you qualify for, or visit [Washington Healthplanfinder](#).



Children, pregnant individuals, and individuals within 12 months postpartum are eligible for Apple Health regardless of immigration status if they meet all other requirements.



If you have questions about how applying could affect immigration status, talk to an immigration attorney before you decide not to apply. Apple Health staff and community workers cannot give immigration legal advice.

Northwest Immigrant Rights Project: 1-800-445-5771 / CLEAR legal aid line: 1-888-201-1014

**FOR MORE INFO +
MORE LANGUAGES:**



To learn more about the noncitizen changes (available in 15 languages), visit the [Washington State Health Care Authority Website](#).

DO I QUALIFY FOR A WORK EXEMPTION?

You **DO NOT** need to meet work requirements if you identify as the following:

If you are...

Then you are...

Pregnant or in 12-month postpartum period
Under age 19
Foster youth or former foster youth under age 26
American Indian/Alaska Native (AI/AN) and certain Tribal populations
Parent, caretaker, or guardian of a child under age 14
Household member of SNAP (food assistance) or TANF (cash assistance, Temporary Assistance for Needy Families)
Parent, caretaker, or guardian of an individual with a disability
Entitled to Medicare Part A or B
Incarcerated or within 90 days post-release period
Medically frail**
Participating in alcohol use disorder (AUD) or substance use disorder (SUD) treatment
Disabled veteran with 100% total disability
In short-term hardship (e.g., you lost your job or you had a family emergency)



**Exempt from
work requirements**

Note: People in the same household may have different requirements and/or renewal dates.



****Note:** New, stricter federal rules define **medically frail** to include someone with at least one of the following:

- Is blind or disabled (as defined in the SSI benefits law at section 1614 of the Social Security Act)
- Has a substance use disorder
- Has a disabling mental disorder
- Has a physical, intellectual, or developmental disability that significantly impairs activities of daily living
- Has a serious or complex medical condition

If a person has a “medically frail” exemption, **a second requirement is now required**. That person must also show that their condition significantly impairs their ability to comply with the work requirement itself.

You are able to self-attest to both medical frailty requirements in 2027. However, expect changes to this process beginning in 2028.



HOW TO SHOW COMPLIANCE (IF YOU DO QUALIFY FOR AN EXEMPTION)

Until December 31, 2027, you can sign a statement saying you qualify for a work or health-related exemption (self-attestation). This is signed under the penalty of perjury, meaning you're legally stating it's true.

After December 31, 2027, you will need to provide paperwork to prove your exemption. Keep your contact information up to date and watch for more information from the state.

Exemption to new work requirements:

What you need to do:

Pregnant or in 12-month postpartum period	Self-attest through Washington Healthplanfinder
Under age 19	No proof needed <i>Your age is already confirmed when you apply for Apple Health.</i>
Foster youth or former foster youth under age 26	Self-attest
American Indian/Alaska Native (AI/AN) and certain Tribal populations	Self-attest <i>You don't need to show Tribal enrollment paperwork, just select your race or answer the AI/AN question in Washington Healthplanfinder.</i>
Parent, caretaker, or guardian of a child under age 14	Self-attest who's in your household
Household member of SNAP (food assistance) or TANF (cash assistance)	No proof needed
Parent, caretaker, or guardian of an individual with a disability	Self-attest
Entitled to Medicare Part A or B	No proof needed <i>This is usually confirmed automatically through Medicare records.</i>
Incarcerated or within 90 days post-release period	This is confirmed using state or county records when available. <i>If it can't be confirmed that way, you may need to show a release date letter from the facility.</i>

(Continued from previous page)

Exemption to new work requirements:

What you need to do:

Medically frail	2027: Self-attest <i>If it can't be confirmed automatically, you may need a statement or records from your doctor.</i> 2028: Doctor documentation needed
Alcohol or substance use disorder treatment (AUD/SUD)	Self-attest <i>If asked, you may need a letter from your treatment provider confirming you're enrolled.</i>
Disabled veteran with 100% total disability	Usually verified via VA (Veterans Affairs) records. <i>If needed, you may need to show your VA disability rating letter.</i>
In short-term hardship	Self-attest

If you are not compliant:

- You will receive a notice of noncompliance.
- You then have **30 calendar days** to provide satisfactory proof.
- If you don't respond within those 30 days, you may be denied or disenrolled, losing your benefits.



I DO NOT QUALIFY FOR AN EXEMPTION, HOW CAN I SATISFY THE WORK REQUIREMENTS TO KEEP MY BENEFITS?

Starting January 1, 2027, if you qualify for Apple Health for Adults, you must meet work requirements unless you meet an exemption.

If you...

Then you...

Have at least \$580 in monthly household income (or average \$580 over a 6-month period for seasonal workers)

Enroll in an educational program at least half-time

Participate in a work program at least 80 hours per month

Complete at least 80 hours of community service per month

Have a combination of hours of work, community service, work program, or educational program totaling at least 80 hours per month



Meet work requirements



Important Reminders:

Work requirements or an exemption must be met **in the month before applying**, or in **any of the six months before renewing coverage**.

Work requirements **only apply to Apple Health for Adults**. They do not apply to any other Apple Health program, including children, pregnancy services, or long term care services.

American Indian and Alaska Native (AI/AN) individuals are excluded from both work requirements and the shortened 6-month certification periods.



NEW WORK REQUIREMENTS TIMELINE

2026						2027		
Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.

Lawfully present noncitizen changes

Changes to eligibility for refugee, asylee, and other noncitizen adults.



Notifications begin: **July 2026**

Change Starts: **October 1, 2026**

Work requirements

To keep your Apple Health for Adults coverage, you will need to work, train, or volunteer 80 hours a month, or have at least \$580 in monthly household income (*some people are exempt - see exemptions*)



Take action by January 1st 2027
Or at your next renewal in 2027



Notifications begin: **September 2026**

Change Starts: **January 1, 2027**

Six-month renewals

You will need to renew your coverage every 6 months instead of every 12 months to keep Apple Health for Adults



Take action every 6 months



Notifications begin: **September 2026**

Change Starts: **January 1, 2027**

Retroactive coverage *(Getting past medical bills paid)*

Apple Health for Adults will only pay for medical care you received up to 1 month before you applied, as long as you're eligible. Other Apple Health programs may be up to 2 months before you applied.

Notifications begin: **December 2026**



Change Starts: **January 1, 2027**

Work requirements or an exemption must be met **in the month before applying**, or in **any of the six months before renewing coverage**.



If you are **denied or lose your coverage due to work requirements**, you need to file a new application to re-apply. When you re-apply, it will be verified that you met the work requirement for at least the month before you applied.



HOW TO SHOW THAT YOU'RE MEETING THE WORK REQUIREMENT (IF YOU DON'T QUALIFY FOR AN EXEMPTION)

Your Work Requirement Option:

How to Show Proof of Work Requirement:

Local Resources Added Here:

Earn at least \$580 in monthly household income (or average \$580 over 6 months, if you're a seasonal worker).	Self-attest	
Enroll in an educational program at least half-time.	Self-attest	
Complete at least 80 hours of community service per month.	Self-attest	
Work in a work program at least 80 hours per month.	Self-attest	
Combine work, community service, a work program, or school for at least 80 hours a month total.	Report each activity separately through Washington Healthplanfinder.	

REVIEW RENEWAL AND COVERAGE CHANGES



6-month Renewals for Apple Health for Adults

If you're on Apple Health for Adults, you'll now renew every 6 months instead of 12. This change starts at your first renewal in 2027.

Note: If you're American Indian or Alaska Native (AI/AN), this doesn't apply to you. You'll keep renewing every 12 months, and you don't have to meet work requirements.



12-month Renewals for Everyone Else

Everyone else on Apple Health (including children and people on disability-based programs) will keep renewing every 12 months.



How you renew isn't changing!

Renewal will be automatically attempted on your coverage first, using the information already on file. If it can't be renewed, you will be sent a notice asking you to take action.

Retroactive Coverage (*getting past medical bills paid*) Is Getting Shorter

Starting January 2027, Apple Health will only pay medical bills from before you applied up to:

- **One month** of retroactive coverage before the application filing date for adults aged 19 – 64 who receive Apple Health for Adults
- **Two months** of retroactive coverage for all other Apple Health programs

This means members should apply for coverage as soon as they need it. Waiting longer could mean more out-of-pocket exposure for care received before their application date.



APPLY AS SOON AS YOU NEED COVERAGE. If you wait, you could end up paying out of pocket for care you receive before you applied.



Apple Health (Medicaid) Changes

WHAT'S NEXT?

- ☐ **Make sure the state has your *current contact information* (address, phone number and email).**



Update your information at [Washington Healthplanfinder](#)

- ☐ ***Respond right away* to any notice — you may have limited time to act.**
- ☐ **If you qualify for an exemption, especially medical frailty, *talk to your doctor about documentation*.**
- ☐ **If you need to meet the work requirement, *start tracking your hours now*.**
- ☐ **Apply for coverage *as soon as you need it*.**

IF YOU FEEL YOU'VE BEEN IMPROPERLY DENIED BENEFITS:



If you have received a letter or notice from Apple Health and are wronged by a decision, **you may have a right to a hearing**. Follow the directions on your letter and complete any form that came with your letter to request a hearing.

FOR MORE INFO:



Visit the [DSHS website](#)



Visit the [HCA website](#)

If You Get Both Apple Health and SNAP

If you get both Apple Health and SNAP, each program still has its own application, renewal, and verification process. **You will need to go through each separately.**

Some life situations qualify you for an exemption in both programs. You need to check each program's requirements and report proof to each program separately.



✓ Check mark means that this exemption applies

Exemption to New Work Requirements

	SNAP	Apple Health
Pregnant (<i>incl. postpartum period, for Apple Health</i>)	✓	✓
Under age 18/19 (<i>Apple Health = under 19, SNAP = under 18</i>)	✓	✓
Child under 14 in the household (<i>SNAP: child must be in your SNAP household; Apple Health: parent, caretaker, or guardian of a child under 14</i>)	✓	✓
American Indian / Alaska Native	✓	✓
Unable to work due to disability / “medically frail”	✓	✓
In SUD (<i>Substance Use Disorder</i>) or AUD (<i>Alcohol Use Disorder</i>) treatment/ rehabilitation	✓	✓
Caring for a person who cannot care for themselves	✓	✓
65 or older (SNAP) — <i>Apple Health population caps at 64 by definition</i>	✓	
Applying for or receiving unemployment benefits	✓	
Enrolled in school at least half-time (<i>full exemption; reduced reqs</i>)	✓	
Foster youth or former foster youth (<i>under 26</i>)		✓
Household member already on SNAP or TANF (<i>Temporary Assistance for Needy Families</i>)		✓
Receiving TANF and meeting WorkFirst requirements	✓	
Entitled to Medicare Part A or enrolled in Part B (<i>for SNAP, covered by the age 65+ or disability exemption</i>)	✓	✓
Incarcerated, or within 90 days of release		✓
Disabled veteran (<i>100% disability rating; for SNAP, covered by the disability exemption</i>)	✓	✓
Short-term hardship		✓



✓ Check mark means that this work requirement applies

Work Requirements	SNAP	Apple Health
Work an average of 80 hours a month (paid work, including self-employment).	✓	✓
Do unpaid work (volunteering or trading work for goods/services)	✓	✓
Participate in DSHS Workfare (hours are based on your SNAP benefit and local minimum wage; can't be combined with other activities)	✓	
Participate in a SNAP job training program, such as BFET (Basic Food Employment and Training)	✓	
Participate in an approved education or training program	✓	✓
Combine any of the above to reach 80 hours (for SNAP, Workfare can't be combined)	✓	✓
Earn at least \$580 in monthly household income (or average \$580 over 6 months, if you're a seasonal worker)		✓
Earn at least \$935.25 in monthly household income	✓	

Note: If you have Apple Health for Adults and your household also gets SNAP or TANF, you don't need extra proof for the Apple Health work requirement. Getting SNAP doesn't automatically mean you qualify for Apple Health.



Glossary

ABAWD — Able-Bodied Adult Without Dependents. Adults 18 through 64 with no child under 14 in the SNAP household. *(Definition changed under 2025 federal rule.)*

Activities of daily living — Self-care abilities related to personal care such as bathing, eating, medication assistance, using the toilet, dressing, and transfer. This may include fall prevention, skin and body care.

AI/AN — American Indian and Alaska Native.

Attestation — The statement you make or sign to confirm something is true. You may still be asked for proof later.

AUD/SUD — Alcohol Use Disorder and Substance Use Disorder. Treatment can count as an exemption from work requirements.

BFET — Basic Food Employment and Training. A free state program with job training and job search help. Hours can count toward work requirements.

Certification period — How long your benefits last before you must renew. Apple Health for Adults moves to 6 months in 2027.

COFA — Compact of Free Association. A U.S. agreement with the Marshall Islands, Micronesia, and Palau.

Compliance check — When it is checked that you still follow the rules. If records cannot confirm it, you get a letter asking for proof.

DVR — Division of Vocational Rehabilitation. A state program that helps people with disabilities find and keep jobs.

Eligibility — Whether you meet a program's rules. If you are eligible, you can get the benefit.

Exemption — A reason you do not have to follow a rule. For example, caring for a young child can excuse you from work requirements in some cases.

FPL — Federal Poverty Level. An income amount set each year by household size. Programs use it to set income limits.

LPR — Lawful Permanent Resident. *(e.g.: Someone with a green card.)*

Notice of noncompliance — A letter saying it could not be confirmed that you met the work rules. You have 30 days to send proof. Your coverage continues during that time.

Parolee — Someone allowed into the U.S. temporarily for humanitarian, medical, or legal reasons, without full immigrant status.

Qualified noncitizens — A legal term for some people who are not U.S. citizens but can still get benefits. Green card holders are one example.

Self-attest — Stating your income, circumstances or personal information is true, without sending proof right away.

SNAP — Supplemental Nutrition Assistance Program, also known as food stamps or Basic Food. Monthly money for groceries, loaded onto an EBT card.

TANF — Temporary Assistance for Needy Families. Monthly cash help and job support for low-income families with children.

VAWA — Violence Against Women Act. It lets some survivors of abuse apply for immigration status on their own.

Victim of trafficking — Someone Health and Human Services (HHS) has certified as a survivor of severe exploitation under federal law (or certain qualifying family members).

5-year bar — A rule that makes many green card holders wait five years before they can get Apple Health or SNAP. Some groups are exempt.

Resources

For more information on changes to Apple Health (medical):

Online:



[Health Care Authority](#)

For questions about documentation requirements, eligibility or denials of coverage



[Washington Health Benefits Exchange](#)

For questions about the application process, or details about the health plan



[DSHS](#)



[Visit a local DSHS Office near you](#)

Phone:

1-800-562-3022

For 65 and older:

1-877-501-2233

For managing your Apple Health:

Online:



[Washington Healthplanfinder](#)

For more information on changes to SNAP (food):

Online:



[DSHS](#)



[Visit a local DSHS Office near you](#)

Phone:

1-877-501-2233

For more local resources:

Online:



[Coalition of Accountable Communities of Health](#)



[211](#)

Phone (211):

1-877-211-9274

Notes

Notes



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FOR WASHINGTON STATE

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