



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

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.

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.

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.

Federal changes are coming to Medicaid. Medicaid members should log into their Maryland Medicaid accounts and make sure their contact information is up to date. You can also use the online tool at <https://www.marylandhealthconnection.gov/checkin/> to see if work and activity requirements apply to you.

For some folks, access to Medicaid benefits may change on October 1, 2026, based on immigration status. More information can also be found at the link above.

If these changes impact you, you will receive formal notice from the Maryland Health Connection. Please watch for official mail.

We know these changes may be confusing or stressful. We are doing everything we can to make the process to apply, re-apply and submit required documents for coverage as straightforward as possible.

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