

DSS H.R. 1 INFORMATIONAL UPDATES

BHPOC SEPTEMBER 9, 2026



Agenda Items

- **H.R. 1 General Updates**
 - SNAP Impact
 - Medicaid Impact
- **Maintaining Eligibility**
- **Outreach & Communications**
 - Member & Partner Toolkits
- **Q&A**

SNAP IMPACT

SNAP Work Requirement Changes

Previous State:

- Adults 18 to 54 must prove that they are engaged in 80+ hours per month of work or community engagement
- Exempts adults with children under age 18
- Exempts veterans, those experiencing homelessness, and those under 24 who aged out of foster care at 18
- Allows waivers for certain towns/areas that lack sufficient jobs

Current State:

- Adults 18 to **64** must prove that they are engaged in 80+ hours per month of work or community engagement
- Changes exemption to adults with children under age **14**
- **Removes exemptions** for veterans, those experiencing homelessness, and those under 24 who aged out of foster care at 18
- **Limits geographic waivers** to towns/areas that have an unemployment rate > 10%

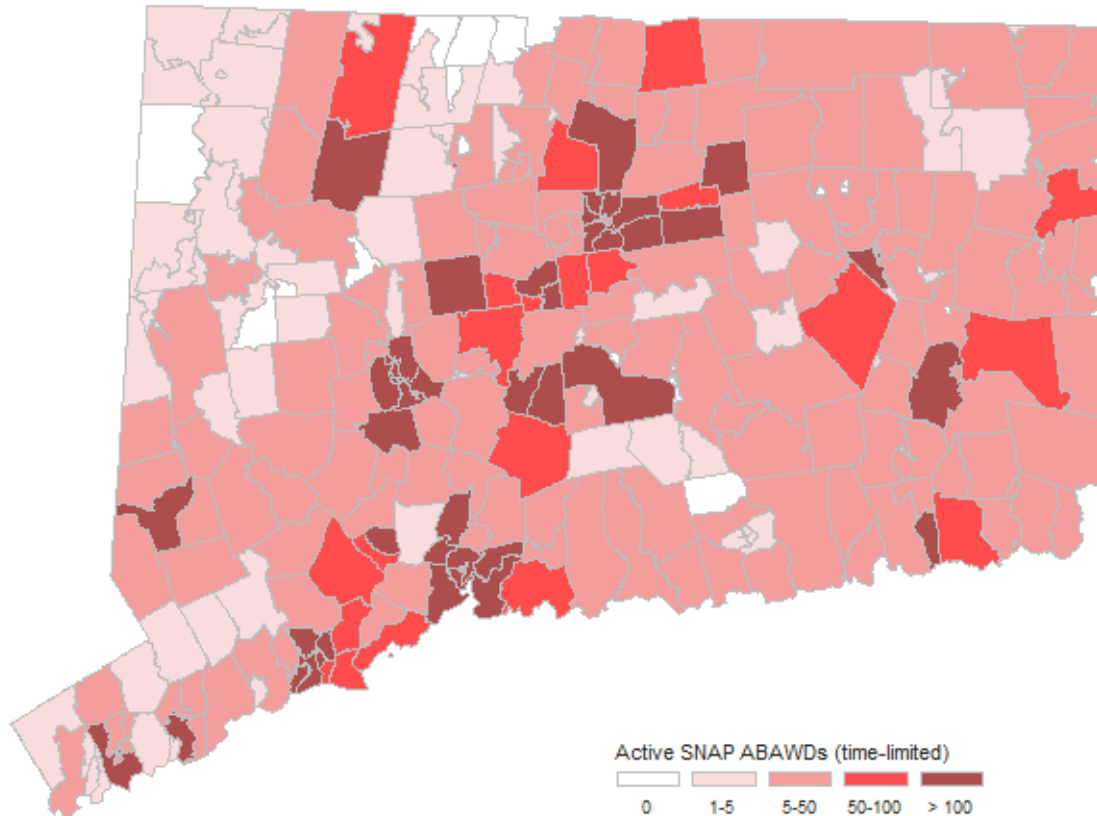
SNAP Work Requirement Exemptions

- Pregnancy
- Receiving a disability benefit such as SSI, SSDI, or veteran's benefits (regardless of rating)
- Physically or mentally unable to work
- Have applied for or are receiving unemployment
- Going to school, college, or a training program at least half time
- Participating in a drug addiction or alcohol treatment and rehabilitation program (must be DMHAS-certified)
- Already meeting work requirements for TFA
- Parent/caregiver of an individual with a disability or someone who needs help with daily activities
- Certain Native American populations or Alaskan natives

SNAP Participation Geographic Impact

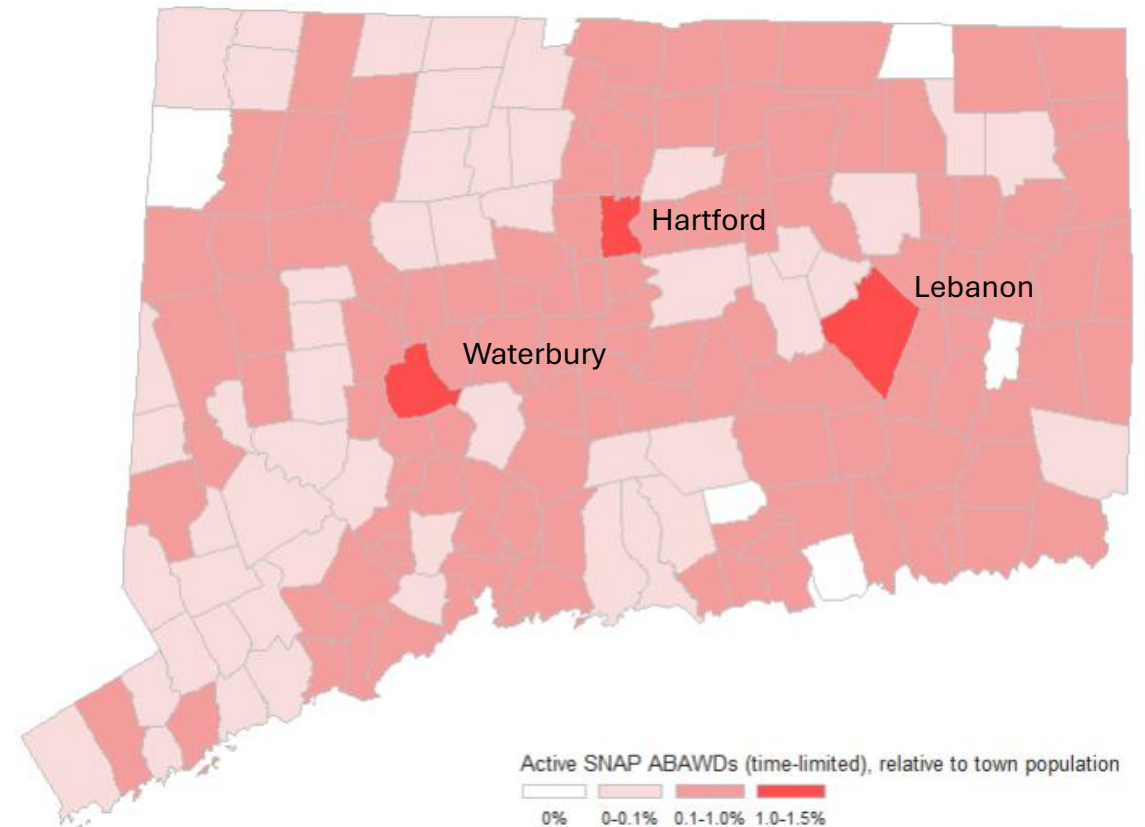
Total SNAP ABAWD population

CT SNAP beneficiaries: Time-limited due to ABAWD work requirements (3-month time limit)



ABAWD percentage of population

CT SNAP beneficiaries: Time-limited due to ABAWD work requirements (3-month time limit)



May 2026 distribution of households statewide who were in their 3-month eligibility period – most of whom have subsequently closed

SNAP Participation Changes by Month

- Work requirement exemptions were removed primarily around **December 2025** and **April 2026**.
- 17,000 beneficiaries** shifted to time-limited status after the December 2025 exemption changes. About **15,000** of them lost benefits by April 2026 while 2,000 retained benefits.
- 10,000 more** shifted to time-limited status in April.
- 2,000 to 3,000 other time-limited beneficiaries lost benefits between January and April. Based on historical trends, these are probably unrelated to H.R.1 changes specifically.

All SNAP Beneficiaries (thousands)				Time-limited SNAP Beneficiaries (thousands)		
Month	Total SNAP beneficiaries	New to SNAP (No benefits in previous month)	No longer in SNAP (Had benefits in previous month)	Total time-limited ¹	New to time-limited status (Had <u>non time-limited</u> benefits in previous month)	No longer in SNAP (Had <u>time-limited</u> benefits in previous month)
Oct '25	342	NA	NA	1	NA	NA
Nov '25	335	9	15	1	<1	<1
Dec '25	331	11	15	19	17	<1
Jan '26	326	11	16	18	1	2
Feb '26	321	10	14	18	1	2
Mar '26	318	11	15	17	1	3
Apr '26	303	11	25	16	10	11

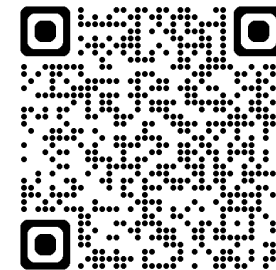
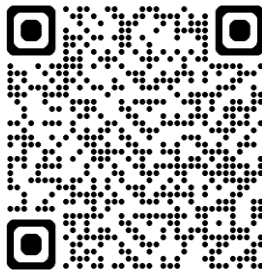
¹ The "Total time-limited" count includes: (1) individuals who entered SNAP as time-limited beneficiaries; (2) individuals who remain time-limited beneficiaries; and (3) individuals that became time-limited beneficiaries after previously receiving benefits with no time limits. This last category is explicitly shown in the "New to time-limited status" column.

State Response to SNAP Changes

- \$23 million for food pantry and emergency food distribution supports
 - CT Foodshare
 - United Way-administered fund (<https://www.ctunitedway.org/foodpantry/>)
- \$4.1 million for H.R. 1 navigation supports administered through the Community Action Agency network
- \$1.55 million in "Connecticut Grown" grants through CT Dept of Agriculture
- \$42 million in projected Summer EBT benefits for approximately 350,000 kids
- \$8.5 million for \$300/person grocery card supports to impacted individuals

Grocery Card Benefit

- DSS is working with CT's Community Action Agencies to distribute a one-time \$300 grocery card to those who have lost their SNAP benefits due to H.R.1 changes.
- Benefit availability started in August.
- If clients need additional food pantry, soup kitchen or mobile food assistance, please direct them to visit www.211ct.org or www.ctfoodshare.org



MEDICAID IMPACT

Medicaid Work Requirements

Current State:

- No work or community engagement requirements for Medicaid eligibility in Connecticut

Future State:

- **Starting January 1, 2027**, HUSKY D enrollees will need to meet work requirements or community engagement rules to get or keep coverage
- **Work/income** – proof of at least 80 hours/month of work or income of at least \$580/month (federal minimum wage x 80 hours)
- **Community engagement** – proof of at least 80 hours/month of community service or a qualified work or training program; enrolled at least half-time in an education program; or any combination of community engagement and work totaling at least 80 hours per month

Medicaid Work Requirement Exemptions

- Veterans with disability rated as total (100% schedular) or Total Disability Based on Individual Unemployability (TDIU)
- Medically frail (e.g., blind, disabled, disabling mental disorder, chronic substance use disorder, serious and complex medical condition)
- Participating in an approved drug or alcohol treatment and rehabilitation program
- Already meeting work requirements for SNAP and/or TFA
- Caregiver of a child under 14, or someone who needs help with daily activities (such as a person with disabilities or older adult)
- Individuals released from incarceration in the last 90 days
- Certain Native American & Alaska Native populations
- Foster and former foster youth
- Short-term hardship waivers (e.g., individuals receiving medical care out of state)

Medicaid Work Requirements

Updated as of June 2026; based on data currently available in state systems

Preliminary estimates
subject to change

HUSKY D low-income adults	Feb '26 Members	% Total
At-risk of coverage loss	110 k	35%
Likely exempt or compliant using available data	206 k	65%
Medical Frailty	131 k	41%
Wage records	94 k	30%
SNAP beneficiary	45 k	14%
Other eligibility factor	39 k	12%
Supplemental Security Income (SSI)	24 k	8%
Student	6 k	2%
Total distinct HUSKY D members	316 k	100%

Categories
are **not**
mutually
exclusive

Members can
appear in
multiple
categories

Medical Frailty

Medical frailty is defined in 42 CFR §440.315(f) as having any of the following:

- Substance-use disorder
- Disabling mental disorder
- Physical, intellectual, or developmental disability that significantly impairs 1 or more activities of daily living
- Serious or complex medical condition
- Blind or disabled (per SSA §1614)

DSS developed a definition of “medical frailty” using 6,215 medical diagnosis codes. The definition was informed by analyses and reviews conducted by numerous other states and organizations, as well as DSS data and medical staff.

Medical Frailty – Interim Final Rule (IFR) Updates

On June 1, 2026, the Centers for Medicare & Medicaid Services (CMS) issued a 387-page interim final rule (IFR) interpreting and implementing the H.R. 1 community engagement requirement

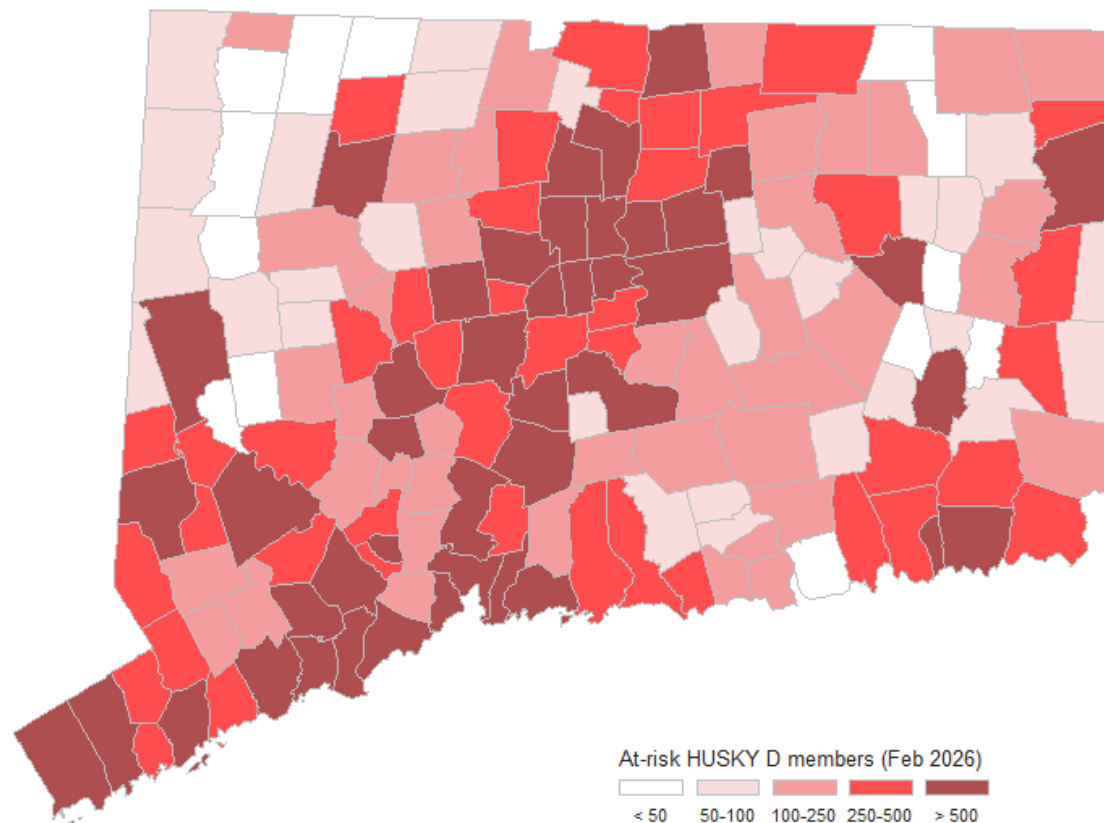
- Narrows the medical frailty exclusion by requiring that qualifying conditions **“significantly impair”** an individual’s ability to work
- A medical condition or diagnosis alone may not exempt anyone from work requirements. Instead, there is now a two-step analysis of:
(1) medical frailty and (2) “significant impairment”
- States must use claims data from the prior 12-month period in determining eligibility (aligns to DSS analytical framework)
- Self-attestation is allowed during CY 2027

Exemptions for Substance Use Disorder

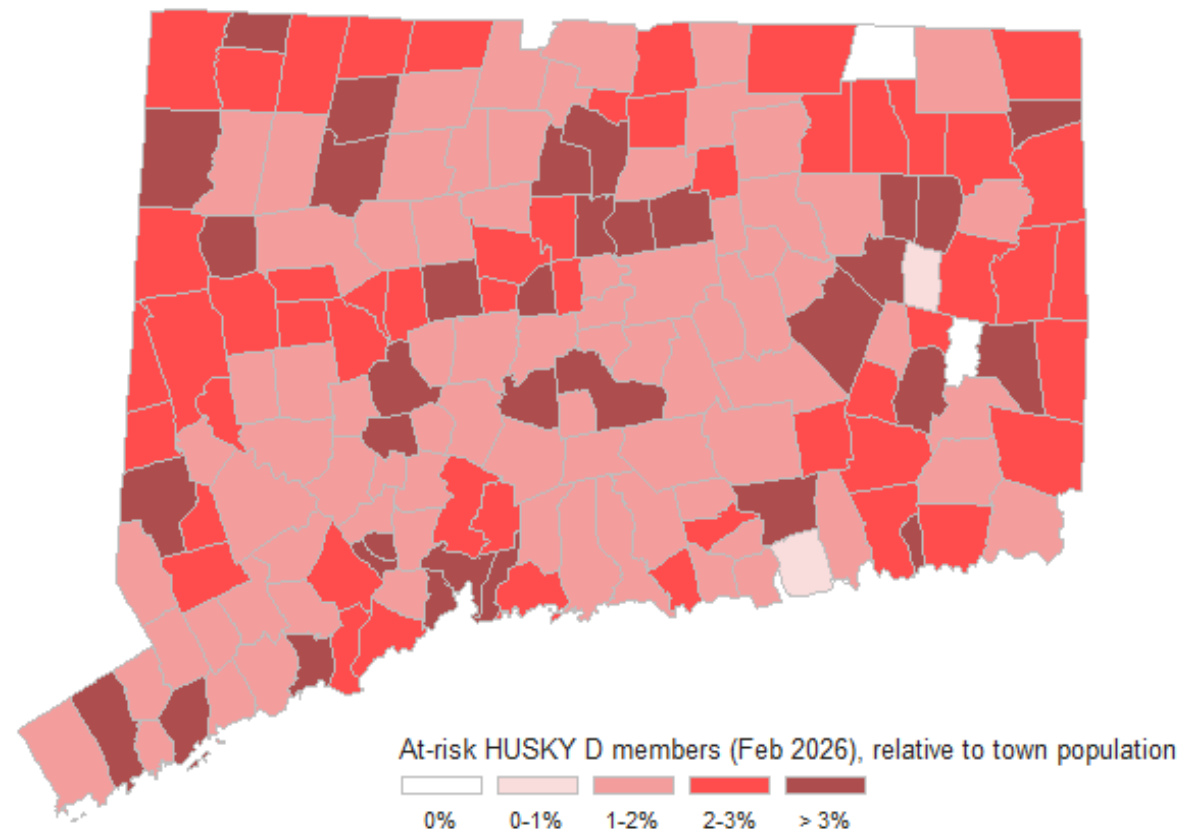
- Medical Frailty: SUD is a qualifying condition under the “medically frail” exemption category – but must meet the “significant impairment” analysis as well pursuant to the IFR.
- Active Treatment: Individuals currently participating in a recognized drug or alcohol treatment program—such as outpatient counseling or medication-assisted treatment—qualify for an exemption.
 - AA and NA are not considered recognized treatment programs.
- Recovery Timeline Limits: The IFR limits certain recovery-based exemptions, so that people who are in “stable recovery” for 5 years or more are not exempt.

HUSKY D “At-risk” Population Profile

At-risk of losing coverage due to Medicaid work requirements



Relative to town population: At-risk of losing coverage due to Medicaid work requirements



Data analysis does not include potential impact of medical frailty “significant impairment” rule, which could increase the “at-risk” population.

Medicaid Updates for Non-Citizens

Still eligible for Medicaid:

- Lawful permanent residents
- Cuban/Haitian entrants
- COFA citizens*

No longer eligible as of 10/1/26:

- Refugees / asylees / parolees
- Victims of trafficking
- Victims of domestic violence
- Afghan or Iraqi Special Immigrants (SIV)**

* COFA (Compacts of Free Association) citizens are those individuals from Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau who lawfully reside in the U.S.

** Afghan or Iraqi SIVs are individuals admitted under Section 101(a)(27) of the Immigration and Nationality Act which grants special immigrant status to individuals who worked with the U.S. government for a period of at least 1 year.

Impact:

- Approximately 4,000 non-pregnant adults expected to lose Medicaid coverage
 - Not eligible for subsidized plans on the exchange (AHCT)
 - Can get emergency services through Emergency Medicaid
- No impact on lawfully present children (HUSKY A and B)
- No impact on state-funded programs (State HUSKY A for kids and State Postpartum coverage)

MAINTAINING ELIGIBILITY

Documenting Activities to Meet Work Rules

- DSS will check for information available in the case record before reaching out for additional information.
- SNAP clients must provide proof through MyDSS, ConneCT, by mail, or at a DSS Resource Center.
- HUSKY D clients will be guided through a new process within the Access Health CT online portal to provide proof of exemptions or compliance.
- In 2027, self-attestation is generally allowable for HUSKY D. In 2028 and beyond, proof will be required.
- Additional guidance available on <https://portal.ct.gov/dss-hr1>

Volunteer Hours Form Preview



W-3040
(NEW 6/26)

State of Connecticut Department of Social Services

VOLUNTEER HOURS TRACKING

Use this form to report your unpaid **volunteer or community service hours** completed each month. These hours help you meet the work rules and keep your DSS benefits.

Some adults must report at least 80 hours per month of work or community service to keep getting SNAP. You can get these hours from one activity, or you can do a mix of work, job training or volunteering. All these activities count towards the work rules.

Fill out all the sections. If information is missing or false, it may result in delays, loss of benefits, or penalties.

Section 1: To be completed by participant

Participant Name (first, middle, last)	
DSS Client ID (if known)	
Date of Birth (month / day / year)	

Section 2: To be completed by volunteer supervisor

Name of Volunteer Supervisor	
Organization Name	
Address of Volunteer Site	
Phone Number of Volunteer Site	
Month and Year of Volunteer Hours (for example: May 2026)	
Total Volunteer Hours for the Month	

By signing below, the supervisor certifies the accuracy of the volunteer or community service information provided above.

Supervisor's Signature

Supervisor Title

Date

OUTREACH & COMMUNICATIONS

H.R. 1 IMPLEMENTATION

H.R.1 Toolkit

H.R.1 changes for HUSKY Health



What is changing for HUSKY Health?

H.R.1 introduced many updates that may affect Medicaid coverage (HUSKY Health). These updates change:

- who can qualify
- how certain benefits are provided

Many people who rely on HUSKY for doctor visits, prescriptions, and other care may see changes to their coverage starting in late 2026.

[Review the Medicaid H.R.1 frequently asked questions > >](#)

<https://portal.ct.gov/dss-hr1>



[HUSKY Health work rule changes >](#)

Some adults ages 19 to 64 with HUSKY D will have new rules to follow to keep their coverage. They will need to earn a certain amount of money each month or involved in at least 80 hours of approved activities and may need to take new steps to keep coverage.

[Retroactive coverage changes >](#)

HUSKY Health programs have changes to how far back coverage can be granted. Review these changes in the Medicaid FAQ section.

[Non-citizen eligibility changes >](#)

H.R.1 has placed new restrictions on who can qualify for HUSKY Health coverage. See if you or your household may be affected by these changes.

[Changes for Husky D recipients >](#)

Some H.R.1 changes are specific to HUSKY D members. Review those changes here.

- Explanation of changes for clients and partners.
- Outlines steps someone will need to take to maintain their coverage.
- Updates will continue to be made as operational implementation steps are finalized.

H.R. 1 & CT Partner Resources

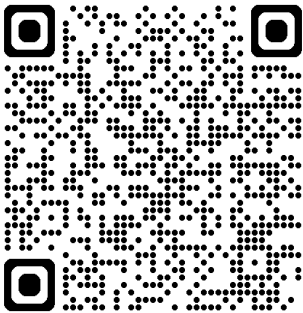
Stakeholder information on changes due to H.R.1



HRI Partner Toolkit

This toolkit contains resources to help community partners educate and assist HUSKY Health members and SNAP recipients as changes are implemented due to H.R.1. The materials below include educational resources, outreach materials, and FAQs that can be used help you and the individuals you serve understand these upcoming changes.

We will continue expanding this toolkit as additional resources become available, so please check back regularly for updates.



[HRI Partner Resources](#)

Resources for community partners and providers, such as flyers, social media posts, and talking points.



[HRI Partner Virtual Classroom](#)

A repository of webinars and informational videos to support our community partners in learning about H.R.1 changes to DSS programs.



[HRI Partner FAQs](#)

A list of frequently asked questions from community partners. Check back often as this list will be updated as we collect partner inquiries.

SNAP work rules prescreener

Answer a few questions to see if the SNAP work rules apply

HUSKY D work rules prescreener

Answer a few questions to see if the new HUSKY D work rules apply

[HUSKYDPrescreener >](#)

H.R. 1 & CT Partners



HUSKY D 4x4 Card English

A 4-inch by 4-inch card with the prescreener QR code, that can be printed and handed out at events.

[Open 4x4 New HUSKY Rules Card >](#)



HUSKY D 4x4 Card Spanish

The Spanish version 4-inch by 4-inch card can be printed and handed out at events.

[Open 4x4 HUSKY D Rules card >](#)



HUSKY D Work Rules Texting English

Share the new numbers that DSS text messages about HUSKY D work rules will come from.

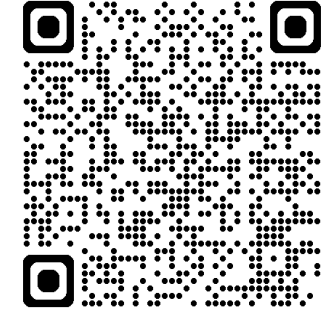
[Open HUSKY D SMS Graphic-English >](#)



HUSKY D Work Rules Texting Spanish

Spanish graphic announcing new HUSKY D work rules text messaging numbers.

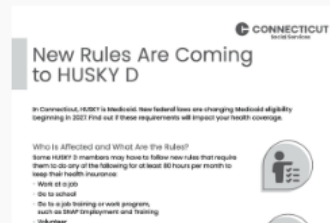
[Open HUSKY D SMS Graphic-Spanish >](#)



HUSKY D Flyer color

This color version of the flyer has English on one side and Spanish on the other.

[Open color flyer >](#)



HUSKY D Flyer grey

An easy to print HUSKY D work rules flyer with English on one side and Spanish on the other.

[Open greyscale flyer >](#)



HUSKY D Postcard

This bilingual postcard can be used as a handout at events or placed in lobbies for visitors to take with them.

[Open the bilingual post card >](#)



Navigating Change

August 4th, 2026, United Way and Department of Social Services virtual session presentation deck.

[Open presentation >](#)

SNAP Work Requirements Pre-Screener

English

Español

Do the New SNAP Work Rules Apply to You?

Use this prescreener to find out if you must meet the work, training, or volunteering rules to keep your SNAP benefits. Even if you have an exemption, you will still need to provide proof.

What is your age?

Enter your age

Continue

Back

<https://portal.ct.gov/SnapWorkRules>



Medicaid Work Requirements Pre-Screener

English

Español

Do the New HUSKY Work Rules Apply to You?

Answer a few questions to see if the new rules apply to you and what action you might need to take. **These rules do not start until 2027 and may change before then.** This tool provides answers based on the current status of the rules. Information you enter here will not be saved.

AGE CHECK

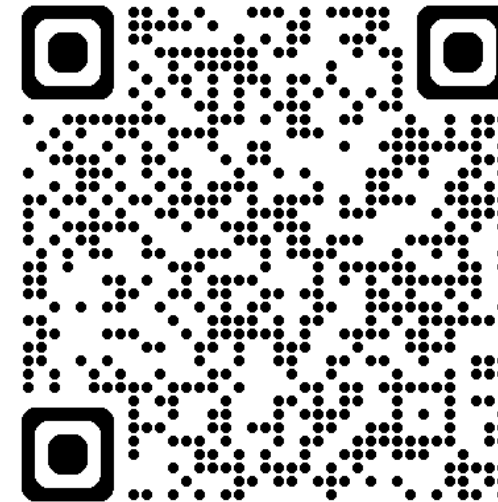
What is your age?

Enter your age

Continue

Back

<https://portal.ct.gov/HUSKY/HuskyDprescreener>



Medicaid Work Requirements Notices



Dear Brandon,

We are sending this message before the new rules begin so you have time to understand what may be expected and where to go for help.

Work rules are not in effect until January 1, 2027.

This message is for your information and does not mean your HUSKY D coverage is changing today.

What you can do now

- 1 Learn what may be expected
- 2 Review your contact information
- 3 Watch for future notices

[Learn More](#)

[Update Information](#)

Questions? We're here to help.

Visit [online](#)

To update your information online click "Update Information" above or call 855-805-4325

You are getting this message because you could be affected by upcoming HUSKY D work rules. This message is for your information.

Connecticut Department of Social Services

PO Box #670, Manchester, CT 06045-0670

In September, DSS began sending notices to all HUSKY D members about the changes to the work rules via text, emails, and paper notices.

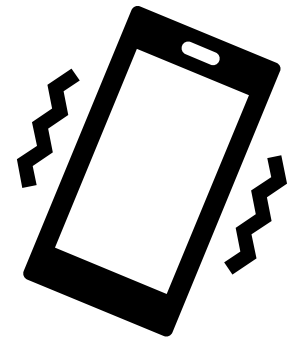
The notice includes links to the HUSKY D Pre-screener so members can see if the rules apply to them; to update their information with Access Health CT; or to get support from their local Community Action Agency.

H.R. 1 & Connecticut Partners

How can we help our fellow CT residents?

- Make sure we have current contact information, so residents don't miss any important updates!
- If they are unsure where to update their info they can go to: <https://portal.ct.gov/UpdateUsDSS>
- Ensure they save DSS phone numbers in their contacts:
 - Text messages related to general eligibility come from **1-855-626-6632** or **60302**.
 - Text messages about HUSKY D work rules will come from **1-959-246-3060** or **648731**

Update Us so **We can**
 **Update U**



Q & A