

BENEFITS PROJECT COALITION

SNAP, Essential Plan, & Medicaid: What to Do Next

8/7/26

SNAP: What to do if You Lost Your SNAP

Don't give up. You can get your SNAP back if you start meeting requirements.

Some things you can do (not a comprehensive list):

- Work at least 20 hours per week, **OR** Earn at least \$217.5 per week (30x federal minimum wage)
- Volunteer a designated number of hours per month.
- Be in an approved school or training program 80 hours per month

I need help now!

- Call 2-1-1 or Foodlink at 585-413-5091
- Go to savemysnap.org or <https://foodlinkny.org/find-food/>

Call DHS for help (585-753-5386), including other ways to meet requirements!

Essential Plan: What to do if Coverage Ended

You can still enroll in qualified health insurance until 8/30.

Qualified health plans are more expensive than the essential plan, but there **is financial assistance** to help lower costs.

Need help? **Excellus Resource Center:** Talk to someone about your options, including what else you might be eligible for at 1946 W Ridge Road, Rochester NY 14626 (M-F, 9a-6:30p).

- **Prefer to call? (585) 225-0221**

I need help now!

- **Goodrx.com** for help with prescriptions
- **2-1-1** for more resources

To sign up for a plan, go to <https://nystateofhealth.ny.gov/>

Medicaid Changes are Coming: Take Action Now

All Medicaid changes will take effect by January 1, 2027. Some will be sooner.

Here's what to do:

- **Make sure your information is up to date**, especially your address and phone number.
- **Look out for letters, texts, & calls:** You will get them by September.
- Make sure all prescriptions are filled (for three months, if possible!) & schedule any appointments before January 1.

Check all notices! They will keep you updated!