CAMPAIGN POLICY BRIEF • SHARE WITH CAMPAIGNS

Medicaid work requirements and employment

Medicaid is a joint federal and state funded program providing free or low-cost health insurance to people of low income and people with disabilities, amongst other financially vulnerable groups. Health coverage helps people with disabilities get jobs and keep working. APSE asks candidates to learn how new Medicaid rules could affect workers in their communities.

Key concerns:
→ Someone can be working and still lose Medicaid coverage.
→ Reporting or verification problems can put coverage at risk.

What changed?

In 2025, Congress passed H.R. 1, the One Big Beautiful Bill Act. The Kaiser Family Foundation (KFF) estimates that the law reduces federal Medicaid spending by $911 billion over 10 years. Work requirements are one of several changes in the law. These are rules that require certain adults to demonstrate that they are working, studying, volunteering, or participating in other qualifying activities to obtain or keep their Medicaid health coverage. [1]

Who must meet the work requirements?

The rules apply to certain adults ages 19 to 64 covered through Medicaid expansion or certain other adult coverage programs. States generally must begin by January 1, 2027; some may start earlier. [2]

Affected adults generally must document 80 hours a month of work, community service, or qualifying work programs; attend school at least half time; or meet an earnings threshold. Qualifying activities can be combined. The rules do not apply to everyone on Medicaid. Exemptions include people who meet disability or medical frailty criteria, certain caregivers, and people who are pregnant, among others. [2]

States face new implementation demands

States must build or update systems to track qualifying activities, identify exemptions, verify information, and notify people about their coverage. These tasks require staff, funding, and coordination. Reporting and processing problems could cause eligible people – including those who work or qualify for an exemption – to lose coverage.

Why this matters to disability employment

Medicaid provides health coverage and, for eligible people, disability-related services that can support employment. Losing coverage can interrupt medications, treatment, and other supports. For workers with disabilities, those interruptions could make it harder to stay employed or return to work. Employers and families may also feel the effects.

Medicaid in Pennsylvania
residents receive Medicaid.
Source and date: Kaiser Family Foundation, Medicaid State Fact Sheets [3]

The Urban Institute projects as many as 10.1 million people could lose Medicaid coverage in 2028 because of work requirements and more frequent eligibility checks combined, with nearly one-third being people who work or could qualify for exemptions. The full impact depends on how states implement the rules. [4]

What we ask of [CANDIDATE NAME]

During the campaign: Meet with APSE advocates to discuss Medicaid and employment in Pennsylvania

If elected to the 120th Congress: Work with APSE on legislative solutions that protect access to health care and supports needed to obtain and maintain employment.

About APSE

The Association of People Supporting Employment First is a national nonprofit advancing competitive, integrated employment for people with disabilities, with fair wages and meaningful careers.

Local contact: PA APSE
PAAPSE@APSE.org | 267-408-9083

Sources and further reading

[1] KFF • Federal Medicaid spending reductions • July 23, 2025
[2] CMS • Work requirement rule and exemptions • June 1, 2026
[3] KFF • Medicaid State Fact Sheets • May 20, 2025
[4] RWJF • Urban Institute coverage loss projections • March 25, 2026

How to contact a campaign

Your goal is to connect with the policy team, share the two-page brief, and offer APSE as a resource. You do not need to be a policy expert.



Before you start:
Replace the bracketed and highlighted fields in the brief and messages.

1. Identify the candidates

Choose a local U.S. House or Senate race. Offer the same resource and opportunity to across all parties, including all candidates in the race.

2. Find each campaign website

Search for the candidate's name plus "campaign." Use the campaign site, which may end in .com or .org. Note that a .gov site belongs to a government office.

3. Find a way to contact staff

Look for Contact, Get Involved, or a listed campaign email. Ask for the person who handles disability, health care, or workforce policy.

4. Send your introduction

Use the email or short form message on the next page. If a form only offers volunteer activities, look for a comment box or another contact method. Do not select an activity you do not intend to do.

5. Share and follow up

Send the separate brief (pg. 1&2 of this document) when staff respond, or attach it to your first email. Save the contact and date. If needed, follow up once after about a week.

Remember:
→ Keep messages factual, polite, and focused on disability employment.
→ Educate campaigns about the issue without supporting or opposing a candidate.

COPY AND PERSONALIZE • KEEP FOR YOUR USE

Messages you can use

Replace every bracketed field before sending. Add a chapter link if you have one.

First email:

Subject: APSE resource on Medicaid and employment

Dear [CAMPAIGN OR CANDIDATE NAME],

My name is [NAME]. I am a voter in [STATE OR DISTRICT] and a member of APSE.

APSE, the Association of People Supporting Employment First, is a national nonprofit focused on expanding employment opportunities for people with disabilities.

We have a brief resource about new Medicaid work requirements and how coverage changes could affect employment in Pennsylvania

Would you please connect me with the appropriate member of your policy team? I would welcome the opportunity to share the resource and offer APSE as a contact for disability and workforce policy questions.

Thank you,
[NAME]
[EMAIL] | [PHONE OPTIONAL]

Short message for a contact form:

I am [NAME], a voter in [STATE OR DISTRICT] and an APSE member. We have a brief resource on Medicaid work requirements and disability employment. Could you connect me with your policy team? You can reach me at [EMAIL].

One-week follow up:

I am following up on my earlier message about APSE's Medicaid and employment resource. We would welcome the chance to share it with your policy team. Thank you for your time. You can reach me at [EMAIL].

Your quick outreach checklist

Use this page while contacting campaigns. Your job is to open a conversation and connect staff with useful information.

Who do I contact?

Candidates running for the same U.S. House or Senate seat in your area. Contact campaigns across parties using the same message and resource.

What do I say?

Your request:
"I am a local APSE member. Could you connect me with your policy team so I can share a resource on Medicaid and employment?"

What do I send?

Send the separate two-page campaign policy brief. First replace local numbers, candidate name, and contact details. Keep advocate instructions for your own use.

What if they respond?

Thank them, send the brief, and offer to connect them with APSE. If you do not know an answer, say: "I can connect you with APSE's policy team for more information."

What if they do not respond?

Follow up once after about a week. Record the date and any response so your chapter can coordinate outreach.

Before you hit send:

☐ I filled in every bracketed field and checked local numbers.
(Use: https://www.kff.org/interactive/medicaid-state-fact-sheets/ as a resource for State Medicaid data to fill in the box on pg. 2)

☐ I used a campaign contact and asked for the policy team.

☐ I offered the same outreach to candidates across parties.

☐ I kept the message polite, factual, and focused on the issue.

Your National APSE contact for questions:
Julie Christensen, National APSE Executive Director | julie@apse.org