PROTECTING IMMIGRANT FAMILIES

LOST BENEFITS? HERE'S WHAT TO DO

October 2026

You may have gotten a notice that ends certain benefits for you or your family members. A 2025 law changed who was eligible for programs such as SNAP, Medicaid, CHIP, and the health benefits marketplace, and some of the changes are happening now. See below for more information and ways to get help.

CHECK FOR MISTAKES

- These changes are confusing, and states can make mistakes. If you were told your benefits are ending, double-check to make sure it is not a mistake. You can talk with a trusted local community group for help.
- If family members have different immigration statuses, some people in your family may still qualify for programs like SNAP, Medicaid, CHIP, or health coverage. Talk with a trusted community group to make sure eligible family members don't lose benefits by mistake.

LEARN WHAT CHANGED WITH PUBLIC BENEFITS PROGRAMS

- Because of a 2025 law, only people with specific immigration statuses can get help from SNAP, Medicaid, CHIP, and health insurance tax credits:
    - U.S. Citizens
    - Lawful Permanent Residents (green card holders) for more than 5 years
    - Cuban / Haitian Entrants
    - COFA Migrants
- Some green card holders do not have to wait 5 years to qualify for programs. Check the back of this page for details.
- What has *not* changed is that anyone not in these categories who is under certain income levels can still use emergency Medicaid if needed.

ASK FOR A REVIEW

- If you think the state made a mistake, you do not have to accept the decision. You have the right to ask them to review your application again.
    - You may need to provide proof of your immigration status again, especially if it changed recently.
- You are not alone. Reach out to a trusted community group for help asking for a review.
- Find free legal help to appeal your benefits ending at Legal Aid https://www.lawhelp.org/.

WHERE TO GET HELP

- Even if you are no longer eligible for government programs, other community programs can help with healthcare and food. Ask a local group for options.
- Find local community groups for food and medical care:
    - Food banks: https://foodfinder.us/
    - Community health centers: https://findahealthcenter.hrsa.gov/

People with certain statuses who get their green cards do not have to wait 5 years before becoming eligible for public benefits programs

- Refugees
- People granted asylum
- U Visa Holders
- T Visa Holders
- Conditional entrants
- People granted withholding of deportation / removal
- People granted parole by the U.S. Department of Homeland Security (DHS) for a period of at least one year

State Programs Cover More People

Some children and pregnant immigrants can still enroll in Medicaid or CHIP in 39 states and DC. Find your state: https://bit.ly/ICHIAAccess

Who	What Program	Additional Eligible Statuses
Immigrant Children	Medicaid or CHIP	• Refugees • Asylees • DACA • TPS • SIJ • T and U Visas • And more, depending on the state
Pregnant Immigrants	CHIP Prenatal and postpartum care	• Refugees • Asylees • DACA • TPS • SIJ • T and U Visas • And more, depending on the state

Concerned about how to protect your family's information on public benefits applications? Find more information here:

Concerned about whether using public programs could hurt your immigration status or be considered as a "Public Charge"? Find more information here:

Emergency Medicaid: Eligibility for Emergency Medicaid has not changed. Everyone under certain income levels is eligible for emergency coverage, regardless of immigration status.