

Help keep your family covered

A guide for young people | NJ FamilyCare (Medicaid) changes 2026



A new law called HR1 is changing who qualifies for NJ FamilyCare (Medicaid) — the health insurance many immigrant families use. Some family members may get a letter saying their coverage will end on October 1, 2026. You can help. Here is what you need to know — and what you can do right now.

✓ Who is still covered — No change

- ✓ Children and teens (any immigration status) — including you if you are under 19
- ✓ Lawfully present pregnant people
- ✓ Family members with a green card for 5 or more years
- ✓ Refugees, asylees, and others — IF they already have a green card

NOTE: Even if you fall under “still covered — no change” you will need to respond to any letters you receive and submit documents requested

✗ Who may lose coverage on October 1, 2026

- ✗ Family members who came on humanitarian parole (temporary permission to be here)
- ✗ Refugees or asylees who do NOT yet have a green card
- ✗ Survivors of domestic violence (VAWA) without a green card
- ✗ Family members with a green card less than 5 years — uncertain, check with a lawyer

5 things you can do to help your family right now

1. Check the mail every day. Look for letters from NJ FamilyCare (Medicaid). Do not throw anything away. You can set up free USPS Informed Delivery so mail alerts come to your email. Sign up here: <https://www.usps.com/manage/informed-delivery.htm>
2. Tell your family member about the letter. Read it together. Find out what it says and when the deadline is.
3. Help gather documents. The letter will ask for papers showing immigration status. Help find passports, visas, green cards, or other official documents.
4. Help send the documents. The letter will say where to send them. Mail, fax, or submit online. Sending documents CANNOT hurt — it can only help keep coverage.
5. Call for free help if you need it. You do not have to figure this out alone — see the resources below.

Important facts to know

- YOUR coverage is safe if you are under 19, regardless of your immigration status.
- A letter does NOT mean someone did something wrong. The government changed the rules — it is not your family member's fault.
- If a family member loses NJ FamilyCare (Medicaid), there are still options for care — community health centers, free clinics, and more. Visit MyResourcePal.org for local health care services.
- You do NOT have to share your parents' immigration status when asking about YOUR own coverage or your siblings' coverage.

FREE LEGAL HELP

Legal Services of NJ
1-888-LSNJ-LAW

FIND SERVICES NEAR YOU

My Resource Pal
myresourcepal.org
Search for Medicaid help, health care services, & more by zip code

OFFICIAL NJ INFO

NJ Medicaid / DMAHS
nj.gov/humanservices/