

## SNAP ABAWD – Are you exempt from the work requirements?

If you meet one of the exemptions below, the new SNAP work requirements and time limits may not apply. Answer the following questions.

### ARE YOU

1. Under age 18 or age 50 or older?	YES	NO
2. Physically or mentally unable to work?	YES	NO
3. Pregnant?	YES	NO
4. Member of SNAP household that has a child under age 18 in the home?	YES	NO
5. Student?	YES	NO
6. Care for someone who is incapacitated?	YES	NO
7. Receive Unemployment Compensation?	YES	NO
8. Participate in a drug /alcohol treatment program?	YES	NO

If you answered YES to any question, the new SNAP work and time limits do not apply to you.

### What does it mean to be physically or mentally unfit to work?

You are unfit to work if you have a physical or mental health condition that prevents you from working. You can request a medical exemption if you are experiencing:

- Temporary illness (such as a broken bone, infection, planned surgery etc.)
- Chronic illness (such as multiple sclerosis, diabetes, schizophrenia, etc.)

### How do I request an exemption?

Send a written statement about your condition to your local Illinois Department of Human Services (DHS) office. You can write this in a letter or you can use the new form *SNAP Work Requirement Request Medical/Service Provider Unfit to Work Determination (Form 2340)*. This form is optional.

### What proof is needed?

Your doctor, nurse, social worker, case manager or other staff person from a social services agency may be able provide proof of a work limiting health/mental condition.

Receiving Workers' Compensation, Short or Long Term disability benefits, Social Security Disability benefits, or Veterans Benefits is also proof.

All paperwork must be returned to your local DHS office.

