

Massachusetts Uber & Lyft Health Stipend: Quarterly Checklist

Printable guide for 2026 | Updated October 5, 2026 | thehospitalinfo.com

Quick facts

Item	2026 detail
Full stipend	\$1,215 per quarter for an average of 25 or more qualifying hours a week
Partial stipend	\$607.50 per quarter for an average of 15 to 24.99 qualifying hours a week
Which hours count	Uber and Lyft Rides trips that start in Massachusetts, from trip acceptance to drop-off. Hours from both apps are added together. Deliveries do not count.
Plan rules	You must be the primary subscriber, no current or former employer may pay any part of the premium, and Medicare or MassHealth (Medicaid) plans do not qualify.
Administrator	Stride Health

Every quarter: your checklist

- ☐ Check your engaged hours in the Uber app (Earnings Hub, then MA Benefits Hub) and the Lyft app (Earnings Activity, then Driving Stats).
- ☐ Make sure the driver's license number on your Uber and Lyft profiles is current and identical, since Stride uses it to pool your hours.
- ☐ Confirm your combined weekly average for the quarter is at least 15 hours (partial) or 25 hours (full).
- ☐ Confirm you are the primary subscriber on a qualifying plan with no employer contribution.
- ☐ Watch for Stride's invitation, which arrives the month after the quarter closes.
- ☐ Log in to Stride and choose "I have insurance" or "I will buy insurance."
- ☐ Have ready: your legal name as it appears on your driver profile, date of birth, member ID, and a clear photo of the front and back of your insurance card (or an enrollment letter or evidence of coverage).
- ☐ Finish every step before the last day of the documentation window.
- ☐ Track your payment in your Stride account. Payments usually arrive 2 to 3 weeks after the window closes.

Key dates

What	Window
Q3 2026 documentation (July-September driving)	October 1-31, 2026
Q3 2026 payment	November 15-30, 2026
2027 Health Connector Open Enrollment	October 23, 2026 to January 23, 2027 (enroll by December 23, 2026 for a January 1 start)
Q4 2026 documentation (October-December driving)	January 1-31, 2027

What	Window
Q4 2026 payment	February 15-28, 2027

Your quarterly tracker

Quarter	Uber hrs/week	Lyft hrs/week	Combined	Documents sent (date)	Paid (date)
Q3 2026					
Q4 2026					
Q1 2027					
Q2 2027					

Who to contact

Topic	Contact
Stipend status, documents, payments	Stride Support: support.stridehealth.com
Plans and enrollment	Massachusetts Health Connector: 877-623-6765 (877-MA-ENROLL) mahealthconnector.org
Wage, hour and settlement concerns	Attorney General's Fair Labor Division: (617) 727-3465

Amounts, dates and rules can change. This checklist is an educational summary, not an eligibility determination by Stride. Always confirm current figures on the Massachusetts Attorney General's Uber and Lyft settlement FAQ (mass.gov), Uber's Massachusetts driver benefits page, and your Stride account before you submit anything. Full guide: thehospitalinfo.com/massachusetts-rideshare-health-stipend/