

# Lessons Learned:

## UpLift - The Central Iowa Basic Income Pilot



JUNE 2026





# With Gratitude

Dear UpLift Community,

The UpLift Project Coordination Team would like to share our utmost appreciation and gratitude to everyone that supported UpLift – The Central Iowa Basic Income Pilot over the past 3.5 years. It truly has been an honor to work alongside the central Iowa community to make this project possible. Looking back, there's not a single moment of UpLift that could've happened without the support and engagement from the community. From the 6,000 eligible individuals that applied during participant recruitment to the collaborations fostered through the Community Conversations Series and publications, UpLift has always been upheld by the community's courage to test a new approach with systems-level change and how we address the root causes of poverty.

This project took our community along a meaningful journey with joy and celebration as well as unique challenges. Yet, even during those times of adversity, without fail, the community showed up with their support and encouragement. So, thank you from the bottom of our hearts for continuously showing up on behalf of this project, engaging with UpLift efforts, and staying curious about innovative strategies we may consider to better support our neighbors.

This publication is the final summary from UpLift – The Central Iowa Basic Income Pilot Project Coordination Team. The summary is a reflection of the takeaways we learned from implementing the pilot and highlights stories participants shared with us. We hope that their lived experiences can be a reminder to all of us to never lose hope for a more prosperous future, even during the toughest of times. Thank you, again, for everything you've done to be a part of UpLift, and for making the last few years an unforgettable journey.

With appreciation,  
Ashley and Michael



*Project Coordinators Ashley Ezzio, MPH and Michael Berger, MPH*

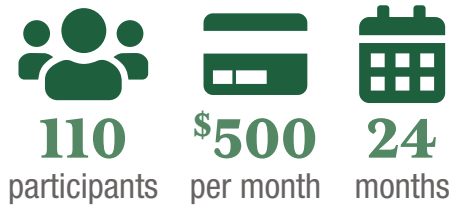
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# UpLift - The Central Iowa Basic Income Pilot

UpLift is a community-wide learning opportunity studying how the lives of low-income individuals, and our entire community, may be improved when the stressors of poverty are reduced. This study provided 110 randomly selected Central Iowans with a \$500 monthly basic income for two years. Another 140 residents who did not receive the monthly stipend served as the control group to compare outcomes. Here is a look at who began receiving payments in May 2023.



## Criteria to participate

- ✓ 18+ years of age
- ✓ Live in Polk, Dallas, or Warren County
- ✓ Live with at least one dependent up to the age of 25 years
- ✓ Have a household income at or below 60% area median income

## Participant Communities

Adel, Altoona, Ankeny, Berwick, Carlisle, Clive, De Soto, Des Moines, Indianola, Johnston, Mitchellville, New Virginia, Norwalk, Perry, Pleasant Hill, Polk City, Urbandale, Waukee, West Des Moines, Woodward



**37**  
average age



**85%**  
female



**4**  
average number of people in household, with an average of two children per household

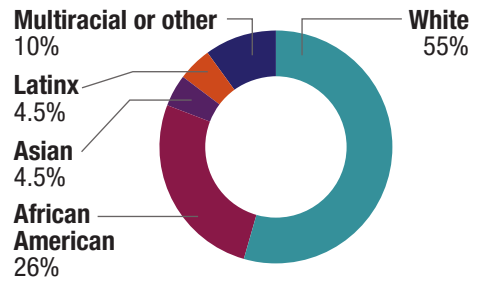


**9**  
languages spoken\*  
Arabic, English, Farsi, Kinyarwanda, Nepali, Nuer, Pashto, Spanish, Swahili

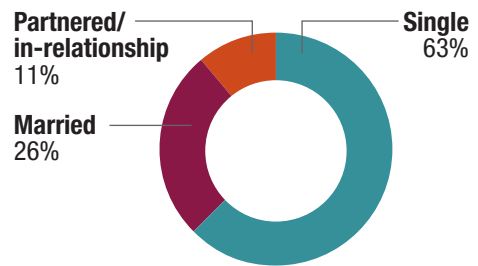


**\$24,542**  
average annual household income

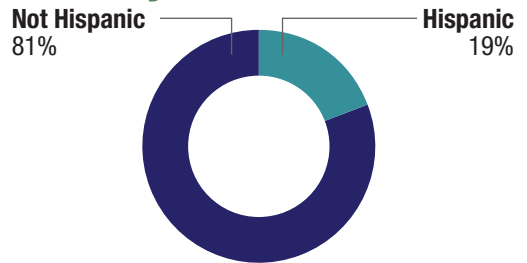
## Race



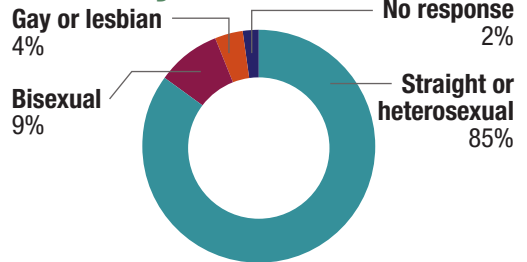
## Marital Status



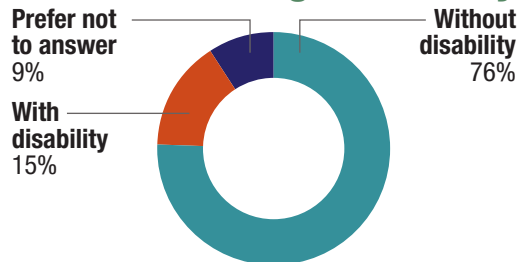
## Ethnicity



## Sexuality\*



## Identified having a disability\*



All data collected from the participant baseline survey except where noted.

\* Data collected from participant onboarding form.

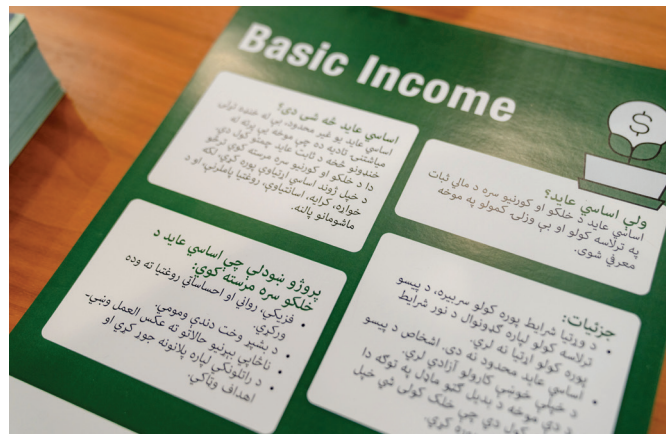
# Community-Based Design

UpLift was intentional in centering community voice throughout the study. Prior to launching the pilot, the team began by gathering input from community-based organizations (CBO) to learn about the types of support that would be needed in order to share pilot recruitment information with their clients. Partners also shared valuable information about how the team could reduce participant barriers to ensure long-term engagement with the study. Those conversations guided UpLift's recruitment and implementation strategies, including:

- Publishing recruitment materials in 10 different languages.
- Working with CBOs to utilize trusted communication methods that eligible individuals were familiar with.
- Hosting application sessions to provide stable internet access, technical assistance, and translation support to interested applicants.
- Implementing safeguards to prevent financial exploitation.
- Assisting participants needing access to cell phones in order to complete surveys and engage in research interviews.

Over 50 CBOs took part in recruitment efforts through targeted mailings, sharing recruitment materials, using UpLift's social media toolkit, and by serving as a trusted source of information on the pilot's intentions. These efforts resulted in over 6,000 eligible applications being submitted during the 10-day application period.

From the beginning, UpLift and its partners were clear that this pilot would only be able to provide a basic income for the 110 randomly selected participants, with the intention that the study's findings would help inform future programs and policies. Yet the pilot's design allowed for control group members (those not selected to receive the income) to share valuable experiences that would illuminate the needs of central Iowans.



**50+** community-based organizations took part in recruitment efforts

**10** day application period

**6,000+** eligible applications

# The Complexity of Public Benefits Systems

## BENEFITS CLIFFS

A sudden, unexpected, and drastic decrease in public benefits caused by a small increase in wages or income

UpLift’s basic income study highlighted the difficulty many lowans face when navigating public benefits systems while balancing caregiving responsibilities and the instability of low-wage jobs.

In the last decade, over 200 basic income pilots have occurred throughout the country. Some of these pilots have been able to obtain public benefits waivers from their state administrative agencies so that families would be exempt from any changes to their benefits while they participated in a time-limited study. However, UpLift was unable to obtain waivers for its pilot. Waivers are beneficial tools when implementing a research study as they prevent study participants from losing their benefits by being pushed out of program eligibility ranges, preventing what is called a benefits cliff.

Benefits cliffs occur when there’s a sudden, unexpected, and drastic decrease in public benefits caused by a small increase in wages or income. This income often does not cover the amount lost in public benefits.

### Public benefits may include:

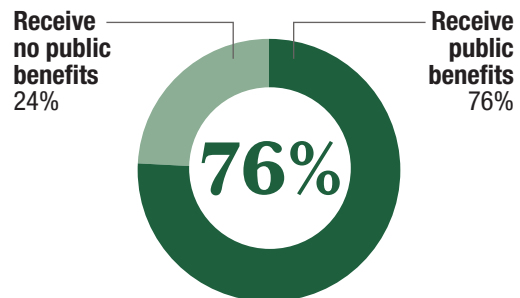
-  Supplemental Nutrition Assistance Program (SNAP)
-  Child Care Assistance (CCA)
-  Section 8 Housing Choice Voucher Program
-  Iowa Medicaid
-  Child Health Insurance Program (CHIP)/Hawki
-  Medicare
-  Family Investment Program (FIP)
-  Supplemental Security Income (SSI)
-  Social Security Disability Insurance (SSDI)

These benefits cliffs vary depending on the type of benefit, amount received, household income and assets, and/or family size.

Upon onboarding, participants were placed into one of three groups based on whether they received:

- No public benefits
- Public benefits such as SNAP, Medicaid, Hawki, WIC, or Section 8 Vouchers
- Complex public benefits like Supplemental Security Income (SSI), Medicaid (Non-MAGI), or Child Care Assistance

### 76% of UpLift participants were navigating lowa public benefits while participating in UpLift.



Data collected from participant onboarding form.

Depending on the complexity of a participant’s public benefits, they received benefits counseling through an Iowa-specific benefits calculator offered through Leap Fund, or by meeting with a certified benefits counselor working at Disability Rights Iowa (DRI).

The intention behind implementing this safeguard was to ensure that participants whose benefits would be negatively impacted by the monthly income payments knew of this before participating, and could give their fully informed consent to be a part of the pilot. ***Some randomly selected individuals chose not to participate in the pilot after after going through benefits counseling because losing access to critical programs such as SSI or Medicaid was too great a risk for them to take.***

## Examples of Benefits Impacted by Basic Income Payments



### Housing assistance

UpLift participants using a Section 8 Housing Choice Voucher or living in publicly subsidized housing had a \$150 a month increase in their rent.



### SNAP benefit reduction

Although SNAP wasn't classified as a complex public benefit, numerous participants had their SNAP benefits reduced after agreeing to participate in the pilot. Using the Leap Fund benefits calculator, the Project Coordination staff was able to give each participant an estimated amount of benefit reduction. Many still agreed to participate, often noting that having the flexibility to use the basic income on other basic necessities was of greater value to them than the reduction they saw in their SNAP benefit amount.



### Supplemental Security Income (SSI) threat

SSI beneficiaries who considered participating in UpLift were guaranteed a \$480 reduction in their monthly SSI payment, increasing their overall income by only \$20. SSI is a benefit that requires extensive and highly specific documentation, often with long approval wait times. It is also the primary source of income for many beneficiaries. These high stakes forced some to decline participation in UpLift.

During implementation, UpLift provided the community with opportunities to learn about the complexities in public benefits programs through the UpLift Community Conversations Series and publications. In collaboration with Disability Rights Iowa, UpLift hosted virtual webinars, including *Roadblock! Navigating the Benefits Cliff for Social Security Disability Benefits and Employment* and *Medicaid 101*. These webinars highlighted the fact that Iowans are often forced to make near-impossible decisions between taking a raise or a promotion and risk losing their much-needed public assistance or health insurance.

The collage features several key elements:
 

- Public Benefits 101:** A green graphic titled "Introduction to Iowa Public Benefits" dated February 2024, featuring a diverse group of people and logos for UpLift, United Way, and Disability Rights Iowa.
- Public Benefits 102:** A teal graphic titled "A Deeper Dive into Iowa Public Benefits" dated October 2024, with similar logos and a group of people.
- Accessing Affordable Healthcare in Iowa:** A purple graphic dated February 2026, showing a person with a magnifying glass over a medical chart, with logos for UpLift and Disability Rights Iowa.
- Roadblock! Webinar:** A white promotional card for "Roadblock! Navigating the Benefits Cliff for Social Security Disability Benefits and Employment" (Event Recording), dated October 29th, 2024. It lists expert speakers: Mistie Johnson (Project Director), Jenny Lynes (Community Work Incentives Coordinator), and Tammy Crouch (Community Work Incentives Coordinator). It includes a "Click Here to Download" button.
- Medicaid 101 Webinar:** A white promotional card for a "Medicaid 101" webinar on February 24, 2026, from 11:30 am to 1:00 pm. It is hosted by UpLift and Disability Rights Iowa. It features a "House of Medicaid" graphic and a "Reserve Your Spot" button.

## UPLIFT TAKEAWAYS: WHAT WAS LEARNED FROM THE CENTRAL IOWA COMMUNITY

# Work and Entrepreneurship

Many UpLift participants worked in low-wage positions or in the gig economy to supplement their primary job's income. Working in these types of roles gave very little security or stability to their monthly income. Among UpLift's intervention group, the average household income was \$24,542 with an average household size was four. This put many participating families at an income less than 100% of the Federal Poverty Level. This financial precarity kept individuals stuck with navigating unpredictable work hours while not being able to search for employment that could better meet their family's needs.

After receiving payments from the pilot, some UpLift participants were able to explore alternative work and employment opportunities using the funds as a security net while they navigated an unpredictable and potentially volatile financial period.

### Ability to focus on one job with career advancement

Christy, UpLift storyteller and participant, shared that she was able to quit her second job which helped her make ends meet. Because of this, she was able to pour her efforts into just one job. This led to her getting a promotion which in turn gave her more financial stability and confidence for the future.

### Ability to seek fulfilling long-term employment

One participant said at the beginning of UpLift she was stuck at a dead end position where she was denied promotions and wasn't offered any skill building opportunities. With the monthly income, she felt a sense of security to take risks, and she was able to leave her job that was no longer serving her. She's now at a new company, doing much more fulfilling work and has moved up the career ladder within her company.

### Sense of security and confidence

Sheila, UpLift storyteller and participant, shared when she was working in the corporate world, anytime she felt like she was taking one step forward she would



Photo credit: Des Moines Register

always take two steps back. After obtaining custody of her two grandkids, working a regular 9-5 didn't seem possible with the doctors appointments, therapy, and court dates. She needed the flexibility to be available for those appointments. The stress of staying in her old job was causing her health to decline with high blood pressure and anxiety. After being in UpLift, she was able to quit her job and start her own business which gave her the flexibility she needed.

Another participant shared she was able to start her own non-profit that aims to provide support and build community with our aging population. The funds were also utilized to support her husband starting his own business.

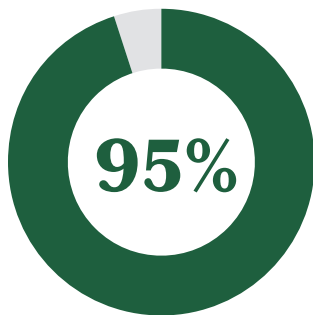
*"It's not just about a single household. When I look at what we were able to do, we were able to fund two businesses, we were able to help our children. So it's not just our household, but we have reached our community."*

A participant also mentioned that with the monthly income payments she was able to make the initial investment in baking supplies and equipment to be able to sell baked goods out of her home. This participant shared that starting this "side hustle" has not only brought in additional income, it has been something that her family gets to do together.

Another UpLift participant explained how the monthly income payments allowed her to focus more on her freelance work which helped her grow her customer base and expand her professional network.

## Time Scarcity and Caregiving

All of UpLift's 250 participants (110 intervention group and 140 control group) identified as a caregiver for a dependent up to the age of 25. Of those in the intervention group, 95% had a child, under the age of 18, living in the home. The average age of children in the home was 8 years old. With this household make-up, one of the most salient themes heard from participants was how a basic income impacted their ability to fulfill crucial caregiving duties.



**95%** of participants had a child, under the age of 18, living in the home



**8 years old**

the average age of children in the home

Participants held strong identities as hardworking parents who found unique, yet difficult, ways to juggle the demands of multiple jobs while ensuring all of their children's most basic needs were met. They described the basic income as an opportunity to get back some of their precious time and further invest in their children, resulting in deeper bonds and more connection.

### Provide more than just the basics

One UpLift mother described being able to provide her son with specialized care including occupational and speech therapy. With the basic income she was able to afford those additional costs and pay for a childcare center experienced in supporting children with autism.



### Being able to say yes to their child's future

One parent described the pride he felt being able to provide his college-bound daughter with a computer for school.

*"I was able to provide for my daughter. When she started at DMACC she needed a computer and so we went to the Apple store. She walked in and was excited about a certain laptop, being able to confidently walk up to the counter and pay for that for her, it was such a great feeling. I felt like a great dad that day."*

Others described how they were able to pay for ACT fees for their high school student, send money to their college student to buy groceries, and pay for a cap and gown for their child's graduation.

### Caregiving duties beyond children

Some UpLift participants noted how the basic income allowed them to properly care for their aging parents in ways they were not able to before.

An UpLift participant shared that without the funds she wouldn't have been able to take care of her aging parents who receive disability benefits. The payments helped her cover medical costs and transportation expenses so she could make the two hour drive to support them.

## UPLIFT TAKEAWAYS: WHAT WAS LEARNED FROM THE CENTRAL IOWA COMMUNITY

# Sense of Community and Belonging

An interesting finding emerged related to a sense of community and belonging. UpLift participants expressed a deep appreciation for the monthly income payments and how it impacted their connection to their family and community. The anecdotes found under this takeaway highlights the deeply rooted culture that Iowans have to support their surrounding community and how connected it is to their sense of identity. Even though the basic income only provided a small financial buffer each month, participants still found it valuable to help others even when their own personal financial situation hadn't drastically changed.

## The effects of safety on mental health

A theme that some UpLift participants brought up was the ripple effect of their mental health when they felt financially secure. The status of the caregiver's mental health had an impact on other people in the household especially if they were children.

*An UpLift participant said, "I want people to know that it has been extremely helpful for my mental health. Sometimes people focus on data that isn't helpful, it's more like it's reducing the stress which allows me to better manage my depression and anxiety. I'm able to be less worried about money, and my son feels that too. I was insured, but the co-pays and deductible made it hard to seek medical care. UpLift allowed me to get the healthcare I needed. Both mentally and physically for me and my son."*

Kelli, UpLift storyteller and participant, shared that one of the first things she did with her UpLift payments was to move to a better neighborhood. As a single mother of four living in a three-bedroom apartment just outside of downtown, she and her children endured broken fire alarms, the constant sound of gunfire, and police sirens that awoke her sons.

*"There was always something, and you were always just on edge. You always had to be cautious of what was going on. Now I don't worry about letting my youngest son play in the backyard. That's a big deal to me."*



Photo credit: Des Moines Register

## Ability to choose healthier relationships

Many participants shared how a basic income helped them find financial independence and stability. This newfound autonomy allowed them to intentionally choose relationships based on compatibility and respect instead of the need to survive.

*"Being a part of the pilot allowed me to be more open with myself. I started dating again and now I have a partner, and we have created a space for our children that I love."*

## Feeling seen and paying it forward

For one participant the pilot gave them hope that there was a community that cares. Previously, they didn't think there were resources available to help, but through the pilot, they felt motivated to seek out other supports that could help them change their life situation. After feeling like a part of the community, they had the desire and motivation to utilize their skills in construction and started volunteering at Habitat for Humanity.

When reflecting on her participation in UpLift, one participant said she was extremely grateful for the experience and felt like her journey came full circle. After a difficult divorce she found herself accessing support at a local community organization.

*"I'm just grateful and humble for this opportunity, I don't think I'll ever forget it. I think I'll always tell people, just you know, how I started at WayPoint and now I've come full circle where I can volunteer, and I don't need to use their services anymore."*

# UpLift Spending Pattern Data

Spending pattern data was categorized by the location where a purchase took place using the prepaid debit card. Participants had the ability to withdraw and deposit funds into the account they received through the pilot, so not all spending was able to be captured directly through the spending data. For example, if a participant wanted to use their

basic income to pay rent they would often need to withdraw the basic income funds from their account and combine it with additional funds. This action would not be captured as a part of the spending data. Whenever a participant used their pre-paid debt card their spending patterns fell into one of the following spending categories.

## #1 Food & Groceries 40.5%

**EXAMPLES:** Hy-Vee, Fareway, Price Chopper, Chipotle, Subway

For one participant, being able to put food on the table allowed them to have more time with their family. *“I was able to save money, and have the freedom to not worry about bills. I had money for Christmas and grocery money for Thanksgiving to have my family over.”*

## #2 Retail Sales & Services 27.6%

**EXAMPLES:** Walmart, Target, Sam’s Club, Costco

Often these stores were ‘one stop shop’ locations where participants could buy their groceries, laundry detergent, cleaning supplies, school supplies, and clothes, at one place.

## #3 Transport Related 10.9%

**EXAMPLES:** Casey’s, BP, Kwik Star, AutoZone, auto repair stores

*“I didn’t think I would be 33 starting my career, but I’m so proud that I get to start a career. I’m doing it”, an UpLift participant said. Without the basic income, the chain of events that took her to a new career would have been broken. She would not have been able to afford the car that she drove to the class that trained her for a new job in sterile processing at a hospital. “I got to experience my first graduation — ever — by getting this certificate. My kids got to be there and see mom graduate. It was really emotional for me when they got to see that because I wanted them to see if mom can do it, they can do it too.”*

## #4 Housing & Utilities 9.3%

EXAMPLES: Mid-American Energy, Central Iowa Water Works, Alliant Energy

## #5 Travel/Leisure/Entertainment 3.7%

EXAMPLES: Movie theaters, mini golf courses, amusement parks, zoos, aquariums

One participant shared that she used the funds to take her family to the Science Center and the Blank Park Zoo, where they could bond and enjoy time together.

## #6 Financial Transactions 3.2%

EXAMPLES: Banks, ATM fees (outside of network withdraws)

## #7 Healthcare/ Medical Expenses 2.4%

EXAMPLES: Hospitals, primary care clinics, dentist offices, mental health facilities

## #8 Miscellaneous Expenses 2%

EXAMPLES: Laundromat, pet supplies stores, art and craft stores, flower shops

## #9 Educational Expenses 0.2%

EXAMPLES: Book stores, college and university shops

# UpLift's Impact



11

Community Conversations, with 15 partnering organizations



1,943

attendees at UpLift's Community Conversations



11

publications, with 16 partnering organizations



1,121

subscribers



76,053

website visitors

**UpLift Community Conversations Series**  
Expanding Basic Income in Central Iowa

**Benefits Model Innovation**  
**Investigating Matthew Desmond's Poverty, by America**

**TUESDAY APRIL 2, 2024**  
3:00 - 5:00 p.m.  
Des Moines University's Outreach Center - Parents & Hall  
2075 University Ave.  
Des Moines, IA 50319

You are invited to a private UpLift viewing of a previously recorded virtual conversation with Matthew Desmond. Desmond will share more about his latest book *Poverty, by America*, that draws on history, research, and original reporting to discuss new ways of addressing poverty and how to imagine future solutions to reduce the experience of poverty.

UpLift *Poverty, by America* book club members will have the chance to submit questions directly to the author to be answered during the event.

Following Desmond's discussion will be an opportunity for attendees to share their insights and key takeaways.

Register now to secure your spot in this Community Conversation.

**Stories from UpLift: Participant Storytelling Panel**

**WEDNESDAY MAY 15, 2024**  
5:30 p.m. Reception  
6:00 - 7:00 p.m. Participant Storytelling Panel  
WINDSOR HEIGHTS COMMUNITY CENTER  
6801 School St, Windsor Heights

For the first time, the community will hear directly from UpLift participants about how a basic income is impacting their lives. Learn more about the first year of the study by joining us in person or online. Space is limited, register today!

**REGISTER NOW TO ATTEND!**

**UpLift Community Conversations Series** CAPITAL CROSSROADS

**Fixing the Foundation: Solutions to Central Iowa's Housing Needs**

**THURSDAY SEPTEMBER 19**  
10:00 AM - 1:00 PM  
Registration: 9:30 AM - 10:00 AM  
Lecture/Panel: 10:00 AM - 1:00 PM

Join UpLift, The Central Iowa Basic Income Pilot, for a Community Conversation about solutions to Central Iowa's housing needs. Attendees will hear from a panel of housing experts and community leaders in Iowa counties, the availability of affordable housing, how much assistance the region needs, and how their agencies are creating better access to homeownership. Panelists will share their insight on greater strategies and solutions for how we can begin to meet the housing needs of our community.

Register today to secure your spot in the conversation!

**Opening Speaker:** Katy Patchett, Executive Director, CAPITAL CROSSROADS

**Panelists:** Nick Smithberg, Angie Arthur, Matt Raugo, Carrie Wordeman, Anne Bacon

**RESERVE YOUR SPOT!**

**Roadblock! Navigating the Benefits Cliff for Social Security Disability Benefits and Employment**

**Event Recording**

On October 29th, 2024, UpLift, The Harkin Institute, and Disability Rights Iowa's Work Incentives Planning and Assistance (WIPA) team hosted a webinar about the complexities of navigating the disability benefits system. Expert Certified Benefits Counselors walked attendees through real-life scenarios of Iowa families utilizing public benefits and securing employment. You can watch the recording of the webinar below.

**Today's Expert Speakers**

Mistie Johnson, Project Director  
Jenny Lyles, Community Work Incentives Coordinator  
Tammy Crouch, Community Work Incentives Coordinator

**Roadblock! Presentation Slides**

[Click Here to Download](#)

**UpLift Community Conversations Series** PROJECT

**CREATING STABILITY AND OPPORTUNITY IN Iowa's Workforce**

**MONDAY MAY 12, 2025**  
10:00 - 11:30 AM  
Anney Library  
1201 5th Street  
Registration Required

Research shows that a person's career progression can significantly impact their lifetime income and overall economic mobility. Experiences such as obtaining a first full-time job that offers opportunities for advancement, receiving job or skills training, and avoiding involuntary unemployment can impact an individual's economic success.

Join UpLift, Project OWB, United Way of Central Iowa, Iowa Vocational Rehabilitation Services, and St. Vincent de Paul for a Community Conversation about how the Central Iowa community is currently navigating the workforce landscape, the barriers individuals may face, and the solutions experts have found impactful.

**Free Continuing Medical Education Credits**  
This conversation is for experts registered to receive continuing education credits in community well-being. Free Continuing Medical Education Credits are available for a variety of professions.

**Panelists:** Julie Rogatsch, Gabby Orr, Erin Davidson, Tyler Hansen, Russell Radtsch

**RESERVE YOUR SPOT!**

**UpLift Community Conversations Series** CAPITAL CROSSROADS

**ECONOMIC MOBILITY EXPERIENCES: Investing in Opportunities that Create Economic Prosperity in Central Iowa**

Economic mobility is a measure of growth in income or wealth. It has been found in the U.S. to double, triple, or quadruple from the 1980s to the 2010s, but not all areas have seen this growth. The 2010s could see the same, making economic mobility a critical issue for future generations. It's about strong economic growth, strengthening communities, reducing inequality, and ensuring prosperity for future generations. With its strong culture of regional collaboration, Central Iowa is well-positioned to lead in creating meaningful and enduring solutions that expand opportunity for all.

Join UpLift, Capital Crossroads, and the Capital Collaborative for an informative community conversation about what central Iowa has identified to be the most impactful strategies to advance economic mobility. Attendees will learn about how current residents can support these strategies.

**Topics we include:**

- How the experience that power economic mobility
- A national comparison on economic mobility
- How Iowa's economic mobility funding with philanthropy and governmental agencies
- How Iowa's economic mobility funding with philanthropy and governmental agencies

**October 14, 2025**  
8-10:30 AM Economic Mobility Experiences Research Overview  
10:30-11:30 AM Iowa  
11AM-12PM Center Collective Narrative Change Workshop  
Botanical Garden  
1022 Robert D. Ray Dr., Des Moines, IA 50309  
Register for just the webinar presentation or stay for the full morning to join the Narrative Change Workshop. During the Narrative Change portion of the event, attendees will have more about!

**UpLift** Disability Rights Iowa

**WEBINAR: Medicaid 101**

**TUESDAY FEBRUARY 24, 2026**  
11:30 am - 1:00 pm  
Online via Zoom  
Registration Required  
Free CMEs!

Join UpLift and Disability Rights Iowa for Medicaid 101, a Lunch and Learn webinar focused on the basics of Iowa Medicaid. Expert Certified Benefits Counselors and a Legislative Attorney will give an overview of Iowa's Medicaid program and walk attendees through the various ways people qualify, the rules and responsibilities of the Managed Care Organizations (MCO), where learners can find assistance, and Medicaid appeal rights.

**PLEASE NOTE:** This webinar is a high-level overview of Medicaid. Presenters will not discuss upcoming changes related to H&A, including work requirements, and Iowa Medicaid waivers.

**House of Medicaid**

**RESERVE YOUR SPOT!**



# Get Involved



Learn more by visiting UpLift's website

[UpLiftIowa.org](http://UpLiftIowa.org)



Subscribe to UpLift's Quarterly Newsletter

[UpLiftIowa.org](http://UpLiftIowa.org)



Follow us on social media:   



**UpLift – The Central Income Basic Income Pilot is made possible thanks to generous support!**

