

# Guide to Helpful Programs and Services

## Medicaid

Medicaid offers health care coverage for children, pregnant women, people with disabilities, people 65 and older, and some adults caring for children. It helps with bills for doctors, hospitals, nursing homes, and drugs ordered by a doctor (prescriptions). Children who get Medicaid will also be in the Texas Health Steps program.

## Texas Health Steps

Texas Health Steps is a health-care program for children, teens and young adults ages 20 and younger who have Medicaid. It offers medical and dental checkups and many other health-care services.

To learn more about  
these programs

call  
**2-1-1**

or go to  
**211Texas.org**

## Medicaid Monthly Income Eligibility Limits, Effective March 1, 2021

Family Size*	Infants younger than 1	Pregnant Women	Children age 1 to 5 years	Children age 6 to 18 years
1	\$2,179	\$2,179	\$1,599	\$1,481
2	\$2,947	\$2,947	\$2,163	\$2,003
3	\$3,715	\$3,715	\$2,727	\$2,525
4	\$4,483	\$4,483	\$3,290	\$3,048
5	\$5,251	\$5,251	\$3,854	\$3,570
6	\$6,019	\$6,019	\$4,418	\$4,092
For each additional person add	\$768	\$768	\$563	\$522

\* For Medicaid eligibility, pregnant women may be counted as two persons.

## Children's Health Insurance Program (CHIP)

CHIP is for children ages 18 and younger. It is an insurance program for families who earn too much money to get Medicaid, but cannot pay for private insurance.

## CHIP Perinatal Coverage

The CHIP perinatal coverage offers prenatal care to pregnant women who cannot get Medicaid and do not have other health coverage. Benefits may include up to 20 prenatal visits; drugs ordered by a doctor; costs of giving birth; 2 doctor visits for the mom after the baby is born; and regular checkups, vaccines and drugs ordered by a doctor for the baby.

## Newborn Screening

All babies born in Texas must be screened for 29 medical disorders. Two tests are done using drops of blood from the baby's heel. Tests are done 1 to 2 days after birth and again at 7 to 14 days after birth. Early detection and treatment can prevent serious health problems.

## Family Planning Services

Family planning clinics offer pregnancy testing, birth control methods, tests for breast and cervical cancers and HIV testing and counseling. This program also offers screening for diabetes, cholesterol, high blood pressure, sexually transmitted infections and treatment. All services are kept private (confidential). Visit [healthytexaswomen.org](http://healthytexaswomen.org) to find a clinic.

## Healthy Texas Women

This program offers women's health and family planning services at no cost to eligible women in Texas. Services include pregnancy testing, birth control methods, tests for breast and cervical cancers and screening and treatment for sexually transmitted infections, postpartum depression, cholesterol, diabetes, and high blood pressure, and more.

Healthy Texas Women also offers clients additional postpartum services that focus on major health conditions like mental health conditions, heart disease, and substance use disorders. For more information, visit [healthytexaswomen.org](http://healthytexaswomen.org).

## Head Start and Early Head Start

These programs promote healthy development in preschool children from birth to age 5. Priorities include education, family literacy, health, and childcare. Find a Head Start near you at <https://eclkc.ohs.acf.hhs.gov/how-apply>.

## Child Support Enforcement Services

The Office of the Attorney General helps families establish a child's legal father, set child support, collect child support payments, find absent parents, and offers services to help parents work together to meet their children's physical and emotional needs.

State-wide toll-free number:  
1-800-252-8014.  
Website:  
[texasattorneygeneral.gov](http://texasattorneygeneral.gov).

## Early Childhood Intervention (ECI)

ECI helps children birth to 36 months of age with disabilities or delays in growth or learning. ECI services help children reach their full potential. Learn more at <https://www.hhs.texas.gov/services/disability/early-childhood-intervention-services>.

## Temporary Assistance for Needy Families (TANF)

TANF helps families with children ages 18 and younger pay for things like food, clothing, and housing. TANF benefits are given through the Lone Star Card. This is a plastic card that is used like a debit card. Learn more at [Yourtexasbenefits.com](http://Yourtexasbenefits.com).

## Supplemental Nutrition Assistance Program (SNAP) formerly known as Food Stamps

SNAP helps families buy food. SNAP benefits are given through the Lone Star Card. This is a plastic card that is used like a debit card.

## Go to [211texas.org](http://211texas.org) or call 2-1-1 for information about other programs and services, such as:

- Texas Workforce Commission
- Education
- Postpartum Depression
- Mental Health
- Housing
- Child Abuse Reporting
- HIV and STD
- Rent Payment Assistance
- Utility Assistance
- Women's Health

## Call 2-1-1 or visit [211Texas.org](http://211Texas.org)

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;

fax: (202) 690-7442; or

email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

Visit our website at [TexasWIC.org](http://TexasWIC.org)



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Stock no. 13-156

rev. 6/21