



# FAMILY PLANNING PROGRAM

## About the Family Planning Program

The Family Planning Program provides family planning services to women and men who meet certain income and residency requirements. These services help people determine the number and spacing of their children, reduce unintended pregnancies, improve future pregnancy and birth outcomes, and improve general health.

### What is the monthly family income limit?

Scan the QR code for the most up-to-date information on the federal income limits.



### Where can I get Family Planning Program services?

To find health care providers that offer Family Planning Program services:



VISIT [HealthyTexasWomen.org](https://HealthyTexasWomen.org) and click "Find A Doctor."

ZIP CODE



ENTER your ZIP code in the provider search box to locate a provider near you.



CALL toll-free 2-1-1 or 512-776-7796 for help.

### Who is eligible?

You may qualify for services if you:

- Are a female or male 64 or younger.
- Live in Texas.
- Have an income that is the same as or less than 250% of the Federal Poverty Guidelines for the size of your household.

### What benefits are available?

The program offers a wide range of women's health and family planning services, including:

- Pregnancy testing.
- Pelvic exams.
- Sexually transmitted infection services.
- Breast and cervical cancer screenings.
- Clinical breast exams.
- Screening and treatment for elevated cholesterol, diabetes, high blood pressure and postpartum depression.
- HIV screening.
- Long-acting reversible contraceptives.
- Oral contraceptive pills.
- Permanent sterilization.
- Other contraceptive methods such as condoms, diaphragm, vaginal spermicide and injections.
- Limited prenatal benefits.

### How do I apply?

Make an appointment with a participating health care provider. The staff will meet with you at the clinic to determine your eligibility. You might be required to provide proof of income during the first visit.



For more information about the Family Planning Program, visit [HealthyTexasWomen.org](https://HealthyTexasWomen.org).



TEXAS  
Health and Human  
Services