



# 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.

## Who is Eligible?

You may obtain services if you:

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

## Where Can I Get Family Planning Services?

The Family Planning Program provides services in clinics across the state. To find a clinic near you, please visit [www.HealthyTexasWomen.org](http://www.HealthyTexasWomen.org) or call 512-776-7796 for help.



**VISIT**

[www.HealthyTexasWomen.org](http://www.HealthyTexasWomen.org)



**ENTER** your address in the search box to locate a clinic near you



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

## What Benefits are Available?

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

- Pregnancy testing
- Pelvic examinations
- Sexually transmitted infection services
- Breast and cervical cancer screenings
- Clinical breast examination
- Screening for cholesterol, diabetes, and high blood pressure
- 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 clinic or doctor's office. The staff will meet with you at the clinic to determine your eligibility. You might be required to provide proof of income during the initial visit.



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