

YOUR GUIDE TO Helpful Programs and Services

Your Texas Benefits

You can apply for the following health care options, food benefits, cash help and more at YourTexasBenefits.com.

- Medicaid
- Children's Health Insurance Program (CHIP)
- CHIP Perinatal Coverage
- Texas Health Steps
- Healthy Texas Women
- SNAP Food Benefits
- TANF Cash Help

Medicaid Monthly Income Eligibility Limits

Effective March 1, 2026

Family Size*	Infants younger than 1	Pregnant Women	Children age 1 to 5 years	Children age 6 to 18 years
1	\$2,700	\$2,700	\$1,982	\$1,835
2	\$3,661	\$3,661	\$2,687	\$2,489
3	\$4,621	\$4,621	\$3,392	\$3,141
4	\$5,582	\$5,582	\$4,097	\$3,795
5	\$6,544	\$6,544	\$4,803	\$4,449
6	\$7,504	\$7,504	\$5,508	\$5,101
For each additional person add:	\$961	\$961	\$705	\$653

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

Additional Resources for Your Family

» **Healthy Texas Women** offers women's health and family planning services at no cost. WIC clients meet the income eligibility for Healthy Texas Women. For more information, visit HealthyTexasWomen.org.

» **Thriving Texas Families** supports pregnant women and parents until a child's 3rd birthday. The program provides infant care and pregnancy supplies including car seats, cribs, maternity clothes and infant diapers. They also offer counseling, educational information, care coordination and more. Learn more at TexasHHS.org/TTF.

» **Early Childhood Intervention** helps children from birth to 36 months with disabilities or delays in growth or learning to reach their full potential. Learn more at TexasHHS.org/ECI.

» **Head Start and Early Head Start** programs promote the school readiness of preschool-aged children, infants and toddlers and provide services for pregnant women. Find a program near you at HeadStart.gov.

» **Child Support Services** through the Office of the Attorney General supports Texas families by establishing a child's legal father, promoting emotional involvement from both parents and obtaining and enforcing court orders for the child's financial, medical and dental support. To learn more about getting child support safely, visit GetChildSupportSafely.org.

» **Visit 211Texas.org or call 2-1-1 for services, such as:**

- Child Care and Education
- Postpartum Depression
- Mental Health Counseling
- Housing and Rent Payment Assistance
- Child Abuse Reporting
- HIV and STD Screening
- Rent Payment Assistance
- Utility Assistance
- Autism Services
- Blindness Services
- Deaf and Hard of Hearing Services
- Substance Use Counseling and Treatment Services



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Find resources and support for you and your family.