

How to Apply for HHS Benefits



SNAP

Provides food benefits to low-income families to help them afford nutritious food essential for health and well-being.

➤ Apply online at <https://hhservices.iowa.gov/apspssp/ssp.portal>

👛 Your local HHS office

✉ Email completed application to: imagingcenter4@hhs.iowa.gov or fax application to 515-564-4017

✉ Mail completed application to:
Imaging Center 4
PO Box 2027
Cedar Rapids, IA 52406

➤ Discover how SNAP recipients can double their dollars, up to \$15/day, to purchase fresh fruit and vegetables at doubleupiowa.org



WIC

Provides supplemental foods, breastfeeding support, referrals to other services, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women and to infants and children up to age five.

👛 Apply at your local WIC clinic

➤ For more information, visit the HHS website at hhs.iowa.gov/wic



Medical Assistance

Iowa Medicaid offers health coverage to eligible low-income adults, children, pregnant women, older adults, and individuals with disabilities.

➤ Apply online at <https://hhservices.iowa.gov/apspssp/ssp.portal> or Healthcare.gov

➤ Online paper application at hhs.iowa.gov/media/5825/

👛 At any local HHS office or federally qualified health center in Iowa

☎ Call 1-855-889-7985 to complete an application over the phone

✉ Mail completed application to:
Imaging Center 4
PO Box 2027
Cedar Rapids, IA 52406

✉ Email completed application to: imagingcenter4@hhs.iowa.gov or fax application to 515-564-4017



HIPP

Iowa Medicaid pays for employer-group and individual health insurance coverage for Medicaid-eligible persons when it is cost-effective to the state.

➤ Visit hhs.iowa.gov/hipp

✉ Mail completed application to:
Iowa Medicaid
HIPP Unit
PO Box 36476
Des Moines, IA 50315

☎ Des Moines Area: 515-974-3282
or Toll-Free 1-888-346-9562

✉ Email completed application to: hipp@hhs.iowa.gov or fax to 515-725-0725



Family Planning Program (FPP)

A limited form of insurance that provides coverage for family planning and reproductive health services to eligible Iowans ages 12 to 54.

- 📁 Apply at your Local HHS Office
- 📁 Apply at a designated Title X family planning agency in Iowa
- 👉 Learn more at hhs.iowa.gov/fpp
- 📞 Family Planning Program Consultant at 515-675-5211



Rent Reimbursement

Provides up to \$1000 reimbursement of rent paid by income-eligible elderly or disabled persons who pay rent at properties that are not tax-exempt.

- 👉 Apply online at <https://benefits.stateofiowahhs.org/program/rentreimbursement>
- 📞 Iowa's Aging and Disability Resource Center 866-468-7887
- 👉 Visit [LIFELONG LINKS](#)
- 📁 Iowa Community Action Association
- 📁 Your local HHS office
- 📞 Rent Reimbursement Unit 515-420-6077



Child Care Assistance

Helps families in Iowa struggling with the increasing quality care costs. Child care assistance keeps Iowa thriving and allows more parents to remain in the workforce, earning income.

- 👉 Apply online at <https://ccmis.dhs.state.ia.us/clientportal/>
- 📁 Mail completed application to:
HHS CCA Eligibility
2309 Euclid Ave
Des Moines, IA 50310-5703
- 📁 Your local HHS office



FIP

Provides cash assistance and employment and training services to families with children. The goal of the program is to help families become self-supporting.

- 👉 Apply online at <https://hhsservices.iowa.gov/apspssp/ssp.portal>
- 📁 Your local HHS office
- ✉ Email complete application to: imagingcenter4@hhs.iowa.gov or fax application to 515-564-4017
- 📁 Mail completed application to:
Imaging Center 4
PO Box 2027
Cedar Rapids, IA 52406