IOWA Health and Human Services

Benefits and Resources

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://hhsservices.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

An evidence-based nutrition and early childhood wellness program. WIC provides nutritious foods tailored to meet dietary needs, personalized nutrition education from dietitians, one-on-one breastfeeding support from credentialed counselors, and health/ community referrals. For pregnant, breastfeeding, postpartum women and children up to age 5 who meet program eligibility criteria.

- 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://hhsservices.iowa.gov/apspssp/ssp.portal or Healthcare.gov
- At any local HHS office or federally qualified health center in Iowa
- Mail completed application to:
  Imaging Center 4
  PO Box 2027
  Cedar Rapids, IA 52406
- Online paper application at hhs.iowa.gov/media/5825/
- Call 1-855-889-7985 to complete an application over the phone
- 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
- 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
- Mail completed application to:
  Iowa Medicaid
  HIPP Unit
  PO Box 36476
  Des Moines, IA 50315

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