

# How to Apply for HHS Benefits

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## 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/spp.portal>

👛 Your local HHS office

✉ Email completed application to: [imagingcenter4@hhs.iowa.gov](mailto: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](http://doubleupiowa.org)

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## WIC

Provides supplemental foods, breastfeeding support, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women and to infants and children up to age 5.

👛 Apply at your local WIC clinic

➤ For more information, visit the HHS website at [hhs.iowa.gov/wic](http://hhs.iowa.gov/wic)

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## 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/spp.portal> or [Healthcare.gov](http://Healthcare.gov)

➤ Online paper application at [hhs.iowa.gov/media/5825/](http://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](mailto:imagingcenter4@hhs.iowa.gov) or fax application to 515-564-4017

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## 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](http://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](mailto:hipp@hhs.iowa.gov) or fax to 515-725-0705



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## 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

➤ Learn more at [hhs.iowa.gov/fpp](https://hhs.iowa.gov/fpp)

👛 Apply at a designated Title X family planning agency in Iowa

☎ Family Planning Program Consultant at 515-675-5211



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## Rent Reimbursement

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

➤ Apply online at <https://benefits.stateofiowahhs.org/program/rentreimbursement>

➤ Visit [LIFELONG LINKS](#)

☎ Iowa's Aging and Disability Resource Center 1-866-465-7887

👛 Iowa Community Action Association

👛 Your local HHS office

☎ Rent Reimbursement Unit 515-420-6077



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## 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



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## 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>

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

👛 Your local HHS office

✉ Email complete application to: [imagingcenter4@hhs.iowa.gov](mailto:imagingcenter4@hhs.iowa.gov) or fax application to 515-564-4017