

2026 Iowa Care for Yourself Program Income Guidelines

The *Iowa Care for Yourself* Program provides breast and cervical cancer screening services to under-served people in Iowa. To qualify for the *Iowa Care for Yourself* Program, participants must earn a net income less than 250 percent of the Federal Poverty Level as determined by the U.S. Department of Health and Human Services. Net household income is the total pay minus deductions of each person living in the home whether or not they are related. Proof of income is not required.

Persons in family or household	250% of monthly income	250% of yearly income
1	\$3,325.00	\$39,900
2	\$4,508.33	\$54,100
3	\$5,691.67	\$68,300
4	\$6,875.00	\$82,500
5	\$8,058.33	\$96,700
6	\$9,241.67	\$110,900
7	\$10,425.00	\$125,100
8	\$11,608.33	\$139,300
For more than 8 persons per household	Add \$1,183	Add \$14,200

*Iowa Care for Yourself Program Income Guidelines are updated annually in January

Iowa Care for Yourself Program
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