

How to Apply for WIC

To qualify, you must meet all of the following:

1. Categorical eligibility — you must be one of these:
 - Pregnant woman (any stage)
 - Breastfeeding woman
 - Postpartum (within 6 months if not breastfeeding; up to 12 months if breastfeeding) [texaswic.org](https://www.texaswic.org)+3USDA Food and Nutrition Service+3[texaswic.org](https://www.texaswic.org)+3
 - Infant (newborns count)
 - Child under 5 years old [USDA Food and Nutrition Service](https://www.usda.gov)+2[texaswic.org](https://www.texaswic.org)+2
2. Residency — live in Texas. Don't have to be a U.S. citizen. You should use a local clinic (SPCAA WIC in Lubbock) near where you live. [texaswic.org](https://www.texaswic.org)+2[spcaawic.org](https://www.spcawic.org)+2
3. Income eligibility — your household income must be at or under certain limits. Or, if you already receive certain public benefit programs (Medicaid, SNAP, or TANF), you already qualify on income. [texaswic.org](https://www.texaswic.org)+2USDA Food and Nutrition Service+2
4. Nutrition risk — this means that a WIC staff person (nutritionist, etc.) will assess whether there is a nutritional or health risk (e.g. anemia, underweight, dietary deficiencies, etc.) [USDA Food and Nutrition Service](https://www.usda.gov)+1

Where to go in Lubbock:

- Central Lubbock WIC clinic — 1946 Ave Q, 1st Floor, Lubbock, TX. Hours vary. [spcaawic.org](https://www.spcawic.org)
- Celia Ann WIC clinic — 602 West Loop 289 Suite 100, Lubbock, TX. [spcaawic.org](https://www.spcawic.org)

If you need assistance with filling anything out, please text Abby at 806-318-1585



Here are the steps to apply:

- Start your application
 - You can apply online via the Texas WIC website. [texaswic.org](https://www.texaswic.org)
 - Or call your local WIC clinic to set up an appointment. [texaswic.org+1](https://www.texaswic.org+1)
- Set up your first appointment
 - After you apply (online or by phone), WIC will contact you to schedule an appointment. [texaswic.org+1](https://www.texaswic.org+1)
- Gather required documents & go to your appointment
- Bring documentation that proves:
 - Identification for everyone applying (you and any children) — examples: driver's license, school/employment ID, passport, social security card, birth certificate, immunization record. [texaswic.org](https://www.texaswic.org)
 - Proof of residency — something with your name and address (utility bill, lease agreement, letter from landlord, etc.). PO Boxes usually do not count. [texaswic.org](https://www.texaswic.org)
 - Proof of income for everyone in the household — things like paycheck stubs (last 30 days), letters for other income sources, proof you're on Medicaid/SNAP/TANF if applicable. [texaswic.org+1](https://www.texaswic.org+1)
 - Immunization records for infants/children if available. [texaswic.org](https://www.texaswic.org)

Your appointment / assessment:

- At the appointment WIC staff will:
 - Weigh and measure you/your child. [texaswic.org+1](https://www.texaswic.org+1)
 - Assess nutritional risk (often includes checking iron levels or other risk factors) [USDA Food and Nutrition Service+1](https://www.usda.gov/food-and-nutrition-service)
 - Review your documents (income, residency, identification) [texaswic.org](https://www.texaswic.org)
- If approved: receive benefits
 - You'll get a WIC card (electronic) to purchase approved healthy foods. [texaswic.org+1](https://www.texaswic.org+1)
 - Also get nutrition counseling, breastfeeding support (if applicable), and other health referrals. [texaswic.org+1](https://www.texaswic.org+1)

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Support for Teen Parents

Family Guidance & Outreach – NEST & Teen Parent Support Program

Offers in-school mentoring, parenting classes, practical help (diapers, formula, safe-sleep items), and peer support groups.

Website: <https://www.lubbockfamily.org/nest>

Children's Home of Lubbock – Young Mother Program

Provides residential living with children, education, parenting and life skills (budgeting, cooking, etc.), and a safe environment.

Website: <https://childshome.org/young-mother-program>

StarCare – StarParent Program

Supports pregnant and postpartum women by connecting them to health services and postpartum resources.

Website: <https://www.starcarelubbock.org/services/substance-use-services/parenting-awareness-drug-risk-education-padre>

My Father's House

Helps women (17+) with mentoring, child care, job/college training, and supportive housing.

Website: <https://www.depts.ttu.edu/hs/hdfs/earlyheadstart/parents.php>

Lubbock Children's Health Clinic / Community Health Centers

Provides medical care for low-income families, immunizations, prenatal care, and well-child visits.

Website: <https://www.depts.ttu.edu/hs/hdfs/earlyheadstart/parents.php>

Neighborhood House / Food Banks / Diaper Closets

Helps with food, diapers, hygiene items, and utility assistance. Call 211 to find specific locations in Lubbock.

NAMI Lubbock (National Alliance on Mental Illness)

Provides emotional health support, peer groups, and mental health education for youth and families.

Website: <https://namilubbock.org/your-journey/kids-teens-and-young-adults>



How to Enroll in Medicaid (or CHIP / Perinatal)

Check if you qualify

- Pregnant women may be eligible for Medicaid for Pregnant Women or CHIP Perinatal.
- Must be a Texas resident.
- Must be a U.S. citizen or lawfully present immigrant.
- Meet income limits (many pregnant applicants and children qualify even with some income).

Gather documents

- Social Security number (if available) and birth date.
- Proof of pregnancy (doctor's note, medical record).
- Proof of Texas residency (utility bill, lease, ID with address).
- Proof of income from the past 30 days (pay stubs, employer letter, unemployment, etc.).
- ID and birth certificate for you and any children applying.



Choose how to apply

- Online: <https://www.yourtexasbenefits.com>
- By phone: Call 2-1-1 and follow prompts for benefits/HHSC help.
- Paper application: Download from Your Texas Benefits, fill out, and mail/turn in.
- In person: Visit a Texas Health and Human Services (HHSC) benefits office or a community partner who helps with applications.

Submit your application

- Make sure all sections are complete and documents included.
- Keep a copy of your application.

Wait for a decision

- Standard Medicaid/CHIP: up to 45 business days.
- Pregnancy-related Medicaid/Perinatal: usually within 15 business days.
- Respond quickly if HHSC requests more information.

If approved: choose a health plan and doctor

- You'll receive an enrollment packet once approved.
- Select a managed care health plan (example: STAR Medicaid).
- Pick a primary care provider from your plan's network.

Keep info updated & renew on time

- Report changes in address, household, or income.
- Medicaid/CHIP requires renewal; be ready to provide documents again.

Medicaid for Pregnant Teens in Texas

What's Covered

- Doctor Visits – prenatal check-ups, ultrasounds, labs
 - Hospital Birth – delivery, C-section if needed, anesthesia
 - Medicines – prescriptions, prenatal vitamins
 - After Baby Comes – check-ups for mom, postpartum care
 - Mental Health Care – support if you feel sad, stressed, or anxious
 - Baby's Care – your baby gets Medicaid automatically for at least 12 months
- (Some plans also cover rides to appointments and dental care while pregnant)

When It Starts

- Right Away (Temporary Coverage):
- Ask your doctor or clinic about Presumptive Eligibility (PE).
- → This gives you Medicaid coverage the same day so you can be seen now.
- Full Coverage (Regular):
 - Takes about 2–4 weeks after you apply.
 - **Starts the first day of the month you applied.**
 - **(Example: Apply on September 20 → coverage starts September 1.)**

Remember

- You do not need your parents' tax forms if they refuse to give them.
- Your pregnancy care is covered in full – you won't have to pay.
- Your baby is covered too, starting at birth.



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Medicaid for Pregnant Teens

if parents refuse to help

Step 1: Apply

- Online: YourTexasBenefits.com
- By phone: Call 2-1-1 and ask for Medicaid for Pregnant Women
- In person: HHSC Office – 1711 Avenue K, Lubbock, TX 79401
- Phone: 806-744-7632

Step 2: Bring What You Can

- Proof of pregnancy (doctor's note, clinic test, or ultrasound)
- Proof of identity (school ID, birth certificate, or driver's license/permit)
- Proof of address (mail, school record, or note from who you live with)
- Proof of income if you work. If no job → say “no income.”



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Step 3: On the Application

- Parents claim you on taxes? → Answer honestly.
- Parents' income/tax info? → If they won't give it, write:
- “I am 17, pregnant, and my parents refuse to give me their financial documents. I cannot access their tax information.”

(This is a “good cause” exemption. Medicaid workers understand this situation.)

Step 4: If a Caseworker Calls Say:

“I am 17 and pregnant. I have no income. My parents refuse to give me their tax information, so I can't provide it.”

Remember

- Medicaid for Pregnant Women is your right.
- You can't be denied because your parents refuse to cooperate.
- Once approved, you'll get free prenatal visits, delivery, and postpartum care.

👉 **Tip:** Ask your doctor, clinic, or hospital if they accept **Presumptive Eligibility for Pregnant Women**. That way, she can be seen right away without waiting on the full application.

If you need assistance with filling anything out, please text Abby at 806-318-1585

Checklist for Pregnant Teens

Step 1: Apply for Medicaid for Pregnant Women

- Do this first — it covers doctor visits, labs, ultrasounds, and delivery.
- Apply today online (YourTexasBenefits.com), by calling 2-1-1, or at HHSC (1711 Avenue K).
- Tell the doctor's office that you are applying — they can use **Presumptive Eligibility (PE)** to get you temporary coverage the same day so you can start prenatal visits right away.

Step 2: Make a Prenatal Appointment

- Don't wait for the Medicaid card — once you have has **PE**, you can be seen.
- Lubbock options:
 - Community Health Center of Lubbock – 806-763-4666
 - Texas Tech OB/GYN Clinic – 806-743-2373
 - UMC Women's Health – 806-761-0777



Step 3: Apply for WIC

- As soon as you have proof of pregnancy (or Medicaid approval), you should apply for WIC.
- WIC gives you healthy food, prenatal vitamins, and later, formula/food for the baby.
- Call 806-775-2940 (Lubbock WIC Office, 1610 5th St).

Step 4: Connect to Support Programs

- Nurse-Family Partnership (Lubbock Health Dept) – free nurse who visits through pregnancy and baby's first 2 years. Call 806-775-2933.
- Family Guidance and Outreach - Parenting/teen support programs, helps with baby prep, parenting skills, and sometimes free supplies. Call 806-318-1585

Step 5: Keep Paperwork Together

Keep a folder with:

- Medicaid application receipt / case number
- Proof of pregnancy
- Any mail from HHSC or WIC
- ID & proof of address

Checklist for Pregnant Teens

- Medicaid (apply now, ask for Presumptive Eligibility)
- Prenatal appointment (don't wait for the card)
- WIC application
- Sign up for support programs
- Keep all documents in one safe place

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