



HEALTHY TEXAS WOMEN

Healthy Texas Women is dedicated to offering women's health and family planning services at no cost to eligible women in Texas. Beginning **Sept. 1, 2020**, the Texas Health and Human Services Commission is implementing **Healthy Texas Women Plus**, an enhanced, cost-effective and limited postpartum services package for women enrolled in the Healthy Texas Women program. Healthy Texas Women Plus will be provided in the postpartum period for not more than 12 months after the enrollment date. Women in Healthy Texas Women Plus will have access to both Healthy Texas Women and Healthy Texas Women Plus benefits.

HTW: Benefits

Healthy Texas Women provides a variety of women's health and family planning services, including:

- Pregnancy testing
- Pelvic examinations
- Sexually transmitted infection services
- Breast and cervical cancer screenings
- Clinical breast examination
- Mammograms
- Screening and treatment for cholesterol, diabetes and high blood pressure
- HIV screening
- Long-acting reversible contraceptives
- Oral contraceptive pills
- Permanent sterilization

- Other contraceptive methods such as condoms, diaphragm, vaginal spermicide, and injections
- Screening and treatment for postpartum depression

HTW Plus

The HTW program now offers enrolled women an enhanced postpartum services package called HTW Plus. To qualify for HTW Plus benefits, HTW clients must have been pregnant within the last 12 months.

HTW Plus services focus on treating major health conditions that contribute to maternal morbidity and mortality in Texas, including:

- Postpartum depression and other mental health conditions (services include individual, family and group psychotherapy services and peer specialist services).
- Cardiovascular and coronary conditions (services include imaging studies; blood pressure monitoring; and anticoagulant, antiplatelet and antihypertensive medications).
- Substance use disorders, including drug, alcohol and tobacco misuse (services include screenings, brief interventions, treatment referrals, outpatient substance use counseling, smoking cessation services, medication-assisted treatment and peer specialist services).