Pregnancy Medicaid in Texas

Postpartum Coverage & Eligibility Checklist — 2026

texashealthhelp.com · Free help from Texas Health Help community navigators

Step 1 — Do you qualify? (the 4 rules)

- [ ] You are pregnant, or were pregnant within the last 12 months.
- [ ] You live in Texas.
  There is no minimum time you must have lived in the state.
- [ ] Your gross monthly household income is at or under 198% of the federal poverty level.
  2026 limits: $3,571 (2 people) · $4,508 (3) · $5,445 (4) · $6,383 (5) · $7,320 (6). Count yourself plus your unborn baby.
- [ ] You are a U.S. citizen or a qualified immigrant.
  If not, CHIP Perinatal or Emergency Medicaid can still cover prenatal care and delivery.
- [ ] No asset or savings test, no credit check — applying is always free.

Step 2 — Documents to gather

- [ ] Photo ID (driver's license, state ID, or passport)
- [ ] Proof of pregnancy from your clinic or doctor, with your due date
- [ ] Proof of income for the last 30 days (pay stubs, benefits letter, or tax return)
- [ ] Proof of Texas address (utility bill, lease, or piece of mail)
- [ ] Household info: names, birthdays, and Social Security numbers
- [ ] Proof of citizenship or qualified immigration status, if requested

Step 3 — Apply (most approvals in about 15 days)

- [ ] Apply online at YourTexasBenefits.com — this is the fastest way.
  You can also call 2-1-1 (option 2), mail Form H1205, or visit a local HHSC benefits office.
- [ ] Use one application to be screened for Medicaid, CHIP, CHIP Perinatal, and SNAP at the same time.
- [ ] Upload every requested document the same day and answer HHSC messages within 10 days.
- [ ] Ask about back-dated coverage — care from up to 3 months before you applied may be covered.

Step 4 — Your 12 months of postpartum coverage

- [ ] Delivery: hospital stay, labor and delivery, and newborn care are covered.
- [ ] Weeks 1–6: schedule your postpartum checkup, plus any blood pressure or bleeding follow-up.
- [ ] Months 2–6: mental health care and postpartum depression treatment are covered.
  Also covered: ongoing treatment for diabetes, blood pressure, thyroid, and other conditions.
- [ ] Months 6–12: keep primary care, prescriptions, dental, and family planning visits.
- [ ] Month 11: ask a navigator about what comes next before coverage ends.
  You may qualify for Healthy Texas Women, regular Medicaid, or a marketplace plan.
- [ ] Report address, income, or household changes right away so you don't lose coverage.

Need help? Texas Health Help community navigators walk through the application with you for free. Visit texashealthhelp.com/request-help or call 2-1-1 (option 2). This checklist is general information, not medical or legal advice. Income limits from Texas HHSC, effective March 1, 2026.