

Helpful Toll-Free Numbers & Websites

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| Finding Services Help finding information and referrals to the Health and Human Services Commission (HHSC), community organizations, and volunteer opportunities. | www.211texas.org/211 2-1-1 option 1 or 1-877-541-7905 |
| Finding Services for Older Adults & People with Disabilities Help finding information and referrals for long term supports and services. | www.etxadrc.org 1-855-937-2372 |
| Case Management for Children and Pregnant Women Help finding services for children from birth through 20 years of age with a health condition/health risk and for high-risk pregnant women of all ages. | 1-877-THSTEPS Or 1-877-847-8377 |
| Changes in Family Information Assistance in making address, telephone, or family changes. | www.YourTexasBenefits.com Or 2-1-1 Option 2 |
| Children's Health Insurance Program (CHIP) Low-cost health insurance for children from birth through age 18. | www.chilmedicaid.org 1-877-KIDS NOW 1-877-543-7669 |
| Client Billing Questions Fee-for-service/regular Medicaid. STAR/STAR+PLUS Medicaid and/or Children's Medicaid Dental Services. | 1-800-335-8957 Call your medical/dental plan. |
| Family and Community Health Services Information on health services for women, children, and children with special health care needs. | 1-800-252-8023 |
| HHSC Ombudsman Office Helps the public when an agency's normal complaint process cannot or does not satisfactorily resolve the issue. | www.hhs.state.tx.us/OMB/ 1-888-834-7406 TDD 1-888-425-6889 |
| Medical Transportation Program Help in arranging transportation to health-related activities. | 1-877-MED-TRIP Or 1-877-633-8747 |
| STAR/STAR+PLUS Program and/or Children's Medicaid Dental Services. Help enrolling into a managed care medical or dental plan and selecting a main doctor or main dentist. | 1-800-964-2777 TDD 1-800-267-5008 |
| Medicaid Managed Care Helpline Additional assistance with more complex issues of Medicaid managed care. | 1-866-566-8989 |
| Texas Health Steps*** Help finding Medicaid medical and dental providers for children birth to age 20. | 1-877-THSTEPS Or 1-877-847-8377 |
| Women, Infants, and Children (WIC Program) Nutrition counseling and food assistance program for women, infants, and children up to age five years. | www.TexasWIC.org 1800-942-3678 |
| Texas Women's Health Program Free family planning exam every year and birth control for uninsured women in Texas. | www.texaswomenshealth.org 1-866-993-9972 |
| Your Texas Benefits Medicaid ID Card Call to report any problems with the card or to order a new one. | www.YourTexasBenefits.com 1-855-827-3748 |
| Helpful Numbers in your area are: | |
| Amerigroup 1-800-600-4441 Superior HealthPlan 1-877-644-4494 Cigna 1-877-653-0327 | Dentaquest 1-855-873-1283 MCNA Dental 1-800-955-8771 United Health 1-888-887-9003 |