

South Heartland District Health Department Community Resource Guide

(Last updated May 2018)

Women Resources

Every Woman Matters

301 Centennial Mall South
PO Box 94817
Lincoln, Ne. 68509-4817
402-471-0929

Website: www.dhhs.ne.gov/publichealth/EWM

Email: every.woman.matters@dhhs.ne.gov

- Helps women ages 40-74 years of age get their annual health check up, who have limited or no health insurance, and have a low or medium income
- Pays for pelvic exam with a Pap test, clinical breast exam, teaching of breast self exam, mammogram, blood pressure check, cholesterol check, blood sugar (glucose check), and colon cancer screening
- To qualify, you must be a woman ages 40-74, do not belong to a Health Maintenance Organization, Medicaid, or Medicare, and must meet income guidelines and be a citizen or legal resident of Nebraska.

Mary Lanning Healthcare – Reproductive health (formerly Hastings Family Planning)

606 N. Minnesota Ave. Ste. 1
Hastings, NE 68901
(402) 461-5265

Website: www.hastingsfamilyplanning.com

- Non-profit agency that provides reproductive healthcare as well as educational and counseling services.
- Pap smear, breast exams, pregnancy testing, birth control, HIV and STD testing, and family planning