

## 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](http://www.dhhs.ne.gov/publichealth/EWM)

Email: [every.woman.matters@dhhs.ne.gov](mailto: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](http://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