

South Heartland District Health Department Community Resource Guide

(Last updated December 2012)

Women Resources

Every Woman Matters

1-800-532-2227

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.

Hastings Family Planning

422 North Hastings Avenue Suite 204

Hastings, NE 68901

(402) 463-5687

Website: www.hastingsfamilyplanning.com

- Pap smear, breast exams, pregnancy testing, birth control, HIV and STD testing, and family planning