Community Resources

Food & Nutrition

Cash Assistance

Child Assistance

Home & Rent

Health Insurance

Each person in your family may qualify for a different option.

1. BadgerCare Plus (Wisconsin Medicaid)

For adults and children with low or no income.

You may qualify if **income per month** is:

Family Size	Adults	Kids & Pregnant Women
1	$0 - $1,041	$0 - $3,185
2	$0 - $1,409	$0 - $4,312
3	$0 - $1,778	$0 - $5,439
4	$0 - $2,146	$0 - $6,566

Apply online: access.wi.gov

Western Consortium
1-888-627-0430

2. The Marketplace (Obamacare)

For people who don't have affordable health insurance at their job. Financial help is based on income.

You may get financial help if income is:

Family Size	Income per month
1	$1,041 - $4,163
2	$1,409 - $5,637
3	$1,778 - $7,110
4	$2,146 - $8,583

Apply online: healthcare.gov

Marketplace Call Center
1-800-318-2596

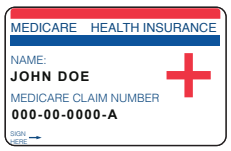
3. Medicaid SSI

Health insurance for people who get SSI (Supplemental Security Income).

If you get SSI, you will get Medicaid SSI.
You don't need to apply for Medicaid.

4. Medicare

For ages 65 or older, or have Social Security Disability, or end-stage kidney disease.



The Medigap Helpline
1-800-242-1060

5. Katie Beckett Program

For children with a disability or serious health needs.

The Parenting Place
608-397-8850

Find In-Person Help!

Need help with an application?
Dial 2-1-1 for local organizations.

Local help:

_____

_____

Food & Nutrition

1. Food Pantries
Give food to anyone who needs it.
Dial 2-1-1 to find local pantries.

2. FoodShare (EBT or Food Stamps)
Gives you a QUEST card to buy food at stores and farmer's markets.

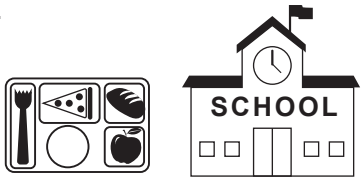
Apply online: access.wi.gov

Western Consortium
1-888-627-0430

3. WIC (Women, Infants, & Children)
Gives food and support to pregnant women and kids under age 5.

Monroe County Health Department
608-269-8671

4. Free/Reduced School Meals
Call your child's school for more information.



You may qualify if income is:

Household Size	1	2	3	4	5	Additional Persons
Income before taxes	$0 - $2,082 per month	$0 - $2,818 per month	$0 - $3,555 per month	$0 - $4,292 per month	$0 - $5,028 per month	Add +$737 per month

Child Assistance

1. Birth to 3 Program
For children with delays or disabilities under age 3.
For all income levels.

Program Coordinator
608-269-8682

2. Wisconsin Shares
Helps pay for childcare.

Apply online: access.wi.gov

Western Consortium
1-888-627-0430

3. Head Start/Early Head Start
Education for young children and parents services.

Visit **whsaonline.org** for more information

You may qualify if income is:

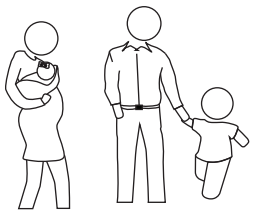
Household Size	1	2	3	4	5	Additional Persons
Income before taxes	$0 - $1,926 per month	$0 - $2,607 per month	$0 - $3,288 per month	$0 - $3,970 per month	$0 - $4,651 per month	Add +$681 per month

Monroe County

Cash Assistance

1. **Wisconsin Works** (W-2 or TANF)
   Short-term work program for low-income parents and pregnant women. You may get monthly payments and other services.

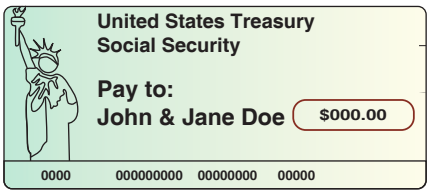
   Workforce Connections, Inc. - Tomah
   1-855-418-9332, press 4



2. **Supplemental Security Income** (SSI)
   For older adults, people who are blind, or disabled and have low or no income. You will also get Medicaid SSI health insurance.

   La Crosse location
   1-866-770-2345

3. **Social Security Disability Insurance** (SSDI)
   For people with disabilities and some of their family members.You had to work enough years and paid Social Security taxes.

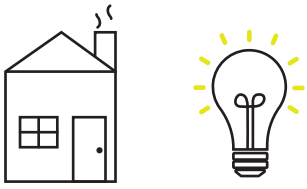


You may qualify if income is:

Household Size	1	2	3	4	5	Additional Persons
Income before taxes	$0 - $1,561 per month	$0 - $2,114 per month	$0 - $2,666 per month	$0 - $3,219 per month	$0 - $3,771 per month	Add +$553 per month

Home & Rent

1. **Help with Rent & Shelters**
   You may be able to get a low rent apartment, section 8, or public housing. Dial 2-1-1 for local help.



2. **Wisconsin Home Energy Assistance**
   Pays some of your heating and electric costs.

   Go to **homeenergyplus.wi.gov** & click on "where to apply" or **call 1-866-432-8947**

⚠ **Home programs may depend on your income.**

Additional Resources

1. **Free Clinics and Community Health Centers**
   Free clinics help people for free. Community Health Centers have financial help to lower the bill.

   To find a location, **dial 2-1-1** or visit **dhs.wi.gov/forwardhealth/clinics.htm**

2. **Family Planning Only Services**
   For men, women, and teens to get sexual health check-ups, tests, and supplies to prevent pregnancy.

   Apply online: access.wi.gov
   Western Consortium
   1-888-627-0430

3. **Wisconsin Well Woman Program**
   For women ages 45 – 64 with little or no health insurance. Tests for breast cancer and other women's health services.

   La Crosse County Health Department
   608-785-9723

4. **Aging and Disability Resource Center** (ADRC)
   Local offices help older adults and people with disabilities.

   ADRC of Monroe County
   608-269-8690

5. **Legal Help**
   Free legal help for people with low or no income.

   Legal Action of WI - La Crosse office
   1-800-873-0927

6. _____

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