

Pregnant? Child under 4?

You qualify for Healthy Start if you're at least **10 weeks pregnant** or have a child **under four years old** and you or your family get at least one of the following:

- Income support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month)

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.

Scan here to register
for Free Healthy
Start Vitamins for
mothers and children



Receive
vouchers
worth over
£1230*
for each
eligible child
to spend on
milk, formula,
fruit and veg.



To find out more
or to register, visit
[www.healthystart
.nhs.uk](http://www.healthystart.nhs.uk)

Healthy Start Vitamins support healthy
pregnancy and child development



*Families will receive over £1230 per eligible child if they register from 10 weeks of pregnancy.