

Pregnant? Child under 4?

**Healthy Start
Vitamins support
healthy pregnancy
and child development**

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



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.



To find out more or to register, visit www.healthystart.nhs.uk



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