



# Apply for NHS Healthy Start while you're pregnant

NHS Healthy Start can help you have a healthy, balanced diet while you're pregnant. You could get help towards the cost of healthy food and milk, and free Healthy Start vitamins to support you through your pregnancy.

## Who is eligible?

You could be eligible if you're more than 10 weeks pregnant and claiming certain income related benefits.

If you're under 18 and pregnant, you're eligible for NHS Healthy Start, even if you don't claim any benefits.



**SCAN ME**

## What will you get?

Once on the scheme, you'll receive a prepaid card, which is topped up with payments every four weeks.

You'll get £4.25 for each week of your pregnancy (from the 10th week of your pregnancy) to put towards the cost of fruit, vegetables, pulses and cow's milk.

You can also collect free Healthy Start vitamins for women, which contain:

- folic acid
- vitamin C
- vitamin D

## How to apply

Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) to find out more and apply for NHS Healthy Start.

Applying online takes as little as five minutes and you could receive your prepaid card within 10 working days.

## What next?

Once your baby is born, contact us to let us know. You could continue receiving payments for your child up to their fourth birthday, if you're still eligible for the scheme.



Find out if you're eligible and apply:

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



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