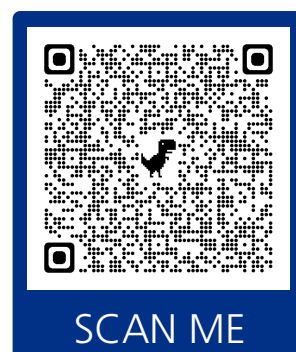


NHS Healthy Start

Get help to buy food and milk

An easy read guide about how to apply for NHS Healthy Start and what you can buy.



What is NHS Healthy Start?



You can get **£4.25** every week to help you buy:



cow's milk



fresh, frozen or tinned fruit and vegetables



infant formula milk



fresh, dried, and tinned pulses



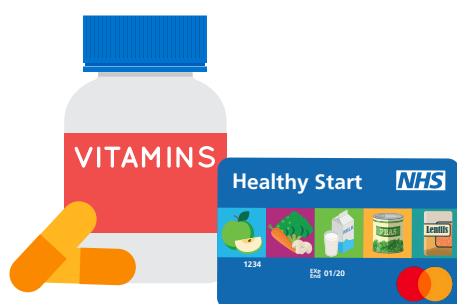
You can also get free Healthy Start vitamins.



You will get a prepaid card to use in shops that sell healthy food and milk



You can use your card in most shops that let you pay by card



You can get free Healthy Start vitamins

Who can apply for NHS Healthy Start?



You must:

- be more than 10 weeks pregnant or
- have at least one child under 4

Also be getting any of these benefits:

- Universal Credit (if your family's take-home pay is £408 or less per month from employment)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Income-related Employment and Support Allowance (ESA) and more than 10 weeks pregnant

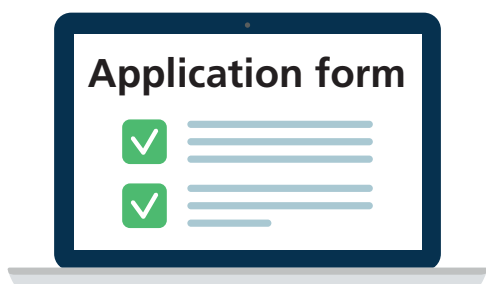


Under 18s: If you are under 18 and more than 10 weeks pregnant you can apply. You don't need to be getting benefits. To apply call 0300 330 7010 or email: healthy.start@nhsbsa.nhs.uk

How it works



Go to the website
www.healthystart.nhs.uk



Fill in the online application



Receive your prepaid card in the post



Activate your card by calling
0118 338 5810 and get your PIN

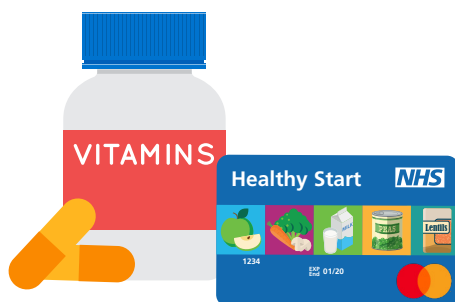
How it works



Shop for healthy food and milk in most shops that accept Mastercard® card payments



Your card will be topped up with your payment every four weeks so keep it somewhere safe



Show your card when you collect your free Healthy Start vitamins



If you can't apply online you can call our helpline on 0300 330 7010. Your call will be charged at a local rate.

How to contact NHS Healthy Start



To talk to someone about NHS Healthy Start or update your details, call 0300 330 7010

Open Monday to Friday, 8am to 6pm, except public holidays.

Your call will be charged at a local rate.



Email NHS Healthy Start:
healthy.start@nhsbsa.nhs.uk



For help with your prepaid card, call
0118 338 5810

You can:

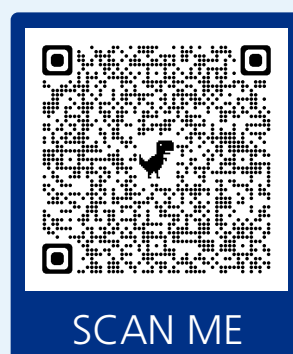
- activate your card
- find out your PIN
- check how much money is on your card
- tell us your card is lost or stolen

Open all day every day.

Your call will be charged at a local rate.



For information about NHS Healthy Start or to apply visit **www.healthystart.nhs.uk** or scan the QR code.



The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.