

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
vitamins and money worth over
£1,200* per child



You can get a Healthy Start card if you're at least 10 weeks pregnant or have a child under 4 years old and you or your family get at least one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with an annual family income of £16,190 or less)
- Pension Credit
- 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



Sign up online
www.healthystart.nhs.uk

**If you sign up at the first opportunity when you are 10 weeks pregnant*

***Healthy Start vouchers are worth £4.25 a week, double for babies under one year old*

For more information, visit
www.enfield.gov.uk/healthystart