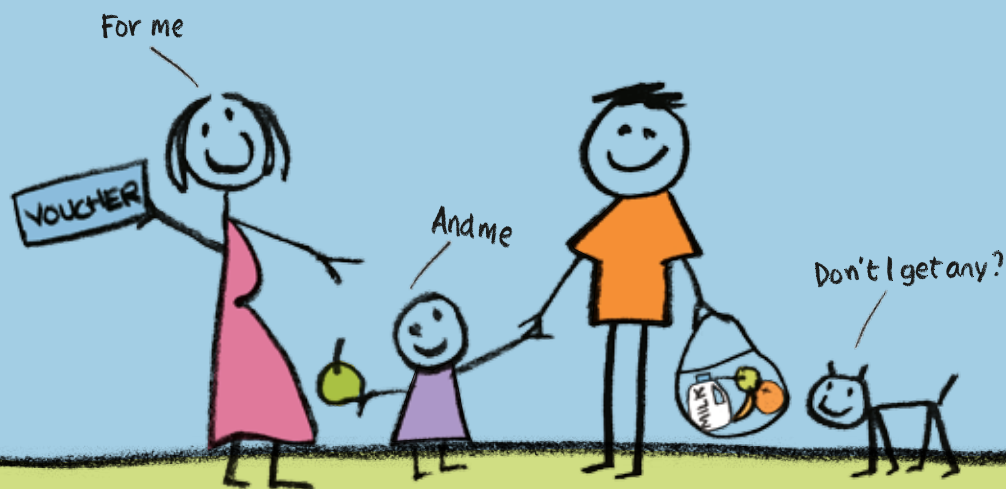


Free milk, fruit, veg and vitamins for you and your family



To apply please see the
form inside
www.healthystart.nhs.uk

HEALTHY START

All about Healthy Start

Healthy Start is here to help you give your family the very best start in life.

If you're pregnant or have a young child under four you could get Healthy Start vouchers worth £3.10 a week for you and your child.

The vouchers can be spent on milk, plain fresh or frozen fruit and veg (fruit and veg with nothing else added) and infant formula milk at your local shops. Plus you'll get coupons for free vitamins too.

And if your children enjoy eating healthy food when they're young, their good eating habits will stay with them for a lifetime!



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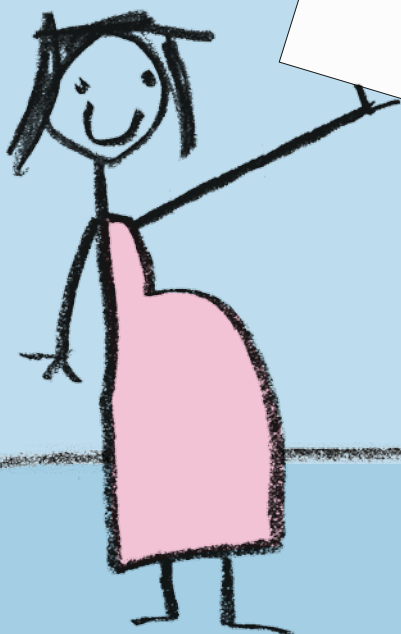
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So what vouchers do I get?

- If you're pregnant you get one voucher a week worth £3.10
- For each baby under the age of one, you get two vouchers a week worth a total of £6.20
- For each child aged over one and under four, your family gets one voucher a week worth £3.10

And if you're pregnant, or have a child under four, you'll also get coupons for vitamins. Vitamin tablets for you; drops for your baby or child. Helping them to grow up strong and healthy.



What can I buy with my vouchers?

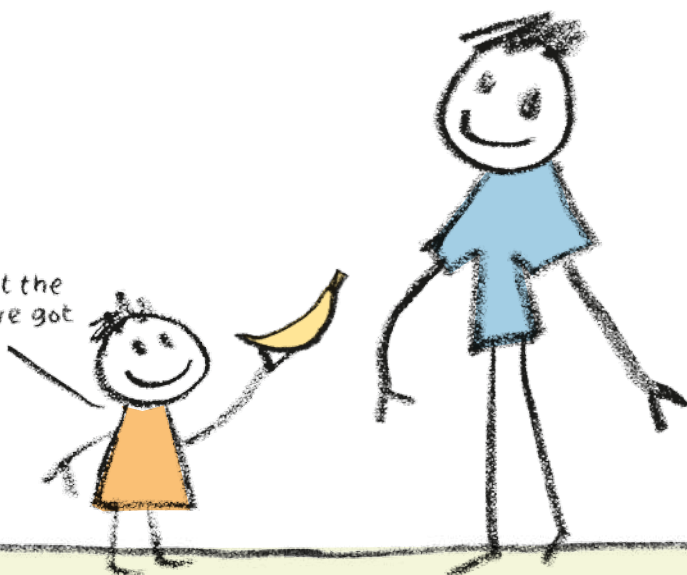
- liquid cow's milk
- plain fresh or frozen fruit
- plain fresh or frozen vegetables
- infant formula milk

You can use them at local shops and greengrocers as well as supermarkets. To find your nearest participating shops go to **www.healthystart.nhs.uk** or call the Healthy Start helpline on **0845 607 6823**.

And don't forget your vitamins. Make sure you ask your midwife or health visitor where you can exchange your coupons for vitamins for you and your child locally.



Dad, look at the banana we got



Do I qualify?

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...

- Income Support, **or**
- Income-based Jobseeker's Allowance, **or**
- Income-related Employment and Support Allowance, **or**
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only*) **AND** an annual family income of £16,190 or less in 2013/14.

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

* Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week (single adults) or 24 hours a week (couples).



Who uses Healthy Start vouchers?

Sabrina & Alesha

Sabrina has a three-month-old baby girl called Alesha and is on Income Support as well as Child Tax Credit.

Each week, she gets vouchers worth £6.20 – that's over £322 in vouchers by Alesha's first birthday! Right now Sabrina is breastfeeding, so she is using the vouchers for milk, fruit and vegetables for herself until Alesha goes on to solid food. She gets her free vitamins from the local baby clinic – and knows that by taking them herself she's helping Alesha too.



Angela & her unborn baby

Angela is pregnant. She's 17 years old and lives at home with her parents, who don't claim any benefits.

She gets one Healthy Start voucher worth £3.10 every week – and she'll keep on getting them until her baby is born. Angela also picks up free Healthy Start vitamins from her midwife, helping to make sure she and her unborn baby get everything they need.



David & Ryan

25-year-old David is a single dad with a three-year-old boy called Ryan. He's not working and gets the highest rate of Child Tax Credit. David gets one £3.10 Healthy Start voucher each week for Ryan.

That's £3.10 every week to spend on milk, fruit and vegetables and David picks up free vitamin drops for Ryan from the local children's centre.



So...

To find out how Healthy Start could help you, why not talk to your midwife or health visitor when you get the chance? They're always happy to offer help and advice about health, including healthy eating and breastfeeding. They'll also be able to tell you about local support services such as Sure Start Children's Centres and family centres for pregnant women and families with young children.

I tell families
about Healthy Start



I get free fruit,
veg and milk



and vitamins too!



A few questions and answers



How long will it take to get my vouchers?

Once we get your application form we'll check that we've got all the information we need. If everything is there and you qualify, we'll send your first vouchers within two weeks. If you don't hear back from us within two weeks, call the Healthy Start helpline on **0845 607 6823**.

How often do I get my vouchers?

Once you're on the scheme, we'll send you Healthy Start vouchers every four weeks, and a vitamin coupon every eight weeks.

What happens if I don't fill out the form properly?

We'll have to send it back to you – or if we've got your phone number, we might be able to sort it out that way. Either way it'll delay your application, so double-check all your details!

Why do I need to put my National Insurance number on the form?

It's to check that you qualify for Healthy Start – if you're over 16 and don't put it on your form, we won't be able to send you vouchers. So please make sure we have it!

I'm pregnant and under 18. Do I need to tell you about any benefits or tax credits that me or my family's getting?

If you're under 18 and applying for vouchers because you're pregnant, not because you already have a child, then you don't **have** to tell us about any benefits or tax credits you are getting. But it's good if you **DO** tell us if you are getting them, otherwise your vouchers will stop coming as soon as the baby is born.

What do I do about the National Insurance number if I'm under 16?

Leave the box blank. It won't affect your application, but as soon as you get your number, call or write to us and tell us.

How do I claim qualifying benefits or tax credits?

To claim tax credits, or add a new child to an existing claim, ring the Tax Credit Helpline on **0345 300 3900**. To claim any of the other qualifying benefits, ring Jobcentre Plus on **0800 055 6688**.

What do I do if my circumstances change once I'm getting vouchers?

Tell us – but make sure you tell the Tax Credit Helpline or your local Jobcentre Plus or benefits office too. If you move home, it's vital that you tell them right away because we always send your vouchers to the address you use to claim benefits or tax credits. If you delay, your vouchers will keep going to your old address and we won't be able to replace them.

Benefits are changing. For more information on the new Universal Credit visit GOV.UK

Our contact details

Still have some questions or want another copy of the application form?

Call Healthy Start: **0845 607 6823** (9am–5pm Monday to Friday),
textphone: **0845 601 7698**

If you wish to order copies of this leaflet in bulk, call: **0300 123 1002**,
textphone: **0300 123 1003** or go online at **www.orderline.dh.gov.uk**

This leaflet is also available in alternative formats.

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How do I claim?

Part A is your section – please complete clearly in **BLACK** ink and refer to the hints and tips below

Part B is for a health professional – your midwife, health visitor, nurse or doctor

1. You

Enter your details here. Or, if you're filling in this form for someone else who is pregnant, enter their details. They will then need to sign section 7 unless they're under 16.

2. Your address and telephone number

Make sure that the address you give matches the address you use to claim benefits and tax credits if you get them.

If the address on your Child Tax Credit or benefit claim is out of date, tell the Tax Credit Helpline on **0345 300 3900** or your local Jobcentre Plus or benefit office as soon as possible. *If the address you put on your application form is different to the one that you use for your benefits or tax credit claim, we will send the form back to you.*

3. Your partner – if they live with you

If you have a partner who lives with you, tell us about them.

4. Your carer and carer's partner

If you're under 20 and live with a parent or carer, please tell us about them, and any partner they have who lives with them.

If you're 18 or 19 and in full-time education, you must confirm in section 4c if your carer or carer's partner has named you as a dependant in their claim for any qualifying benefits or tax credits.

5. Your children

Give the full names and dates of birth of every child that you're claiming vouchers for. If you're claiming for more than three children, put their full names and dates of birth on a separate piece of paper and attach it to your application form.

6. Pregnancy

Tick the box to tell us whether the person named in section 1 is pregnant or not.

7. Signing the form

The person named in section 1 should sign and date the form here, unless they're under 16. If they are under 16, the parent or carer named in section 4 should sign and date the form.

Dos

- ✓ Do make sure you use your vouchers before their use-by date
- ✓ Do use your vouchers fully as shops can't give you change
- ✓ Do let us know if your circumstances change – and tell the Tax Credit Helpline and Jobcentre Plus too

Don'ts

- ✗ Don't use your vouchers for anything not listed in this booklet
- ✗ Don't give your vouchers away



IMPORTANT INFORMATION

Healthy Start vouchers are for the people who need them most. It's breaking the law to give us details that you know aren't true when applying for Healthy Start, or not to tell us if your circumstances change.

You could be prosecuted.

DATA PROTECTION

The information you give us will only be used by the UK Health Departments and their service providers. They may contact other organisations to check that the information is correct and to stop false claims.

From time to time we, or our researchers, may invite you to tell us how the scheme is working for you, to help us improve it.

A handy checklist

Please tick off the list below before you post your form:

- ☐ I've checked that I qualify for Healthy Start on page 3
- ☐ I've filled in my details in sections 1 and 2
- ☐ I've completed sections 3 and 4 with any details of my partner and/or parent/carer (as appropriate)
- ☐ The National Insurance numbers on the form are correct
- ☐ I've given the full names and dates of birth of all children I'm claiming for in section 5
- ☐ I've stated if I'm pregnant in section 6
- ☐ I've signed and dated section 7
- ☐ I got a health professional to complete Part B, including my expected date of delivery (if pregnant)

Finished? Great. Now send us the form, using the freepost envelope at the back of this leaflet (you don't need a stamp).

Lost your freepost envelope? Never mind, just find your own envelope and send your form to the address below – you still don't need a stamp!

**Healthy Start Issuing Unit
FREEPOST RRTR-SYAE-JKCR
PO Box 1067
Warrington
WA55 1EG**

