

HEALTHY START



Healthy Start is a UK-wide government scheme to improve the health of low-income pregnant women and families on benefits and tax credits.

What do Healthy Start beneficiaries get?

- Pregnant women → one Healthy Start voucher a week worth £3.10
- Parents/carers of babies under the age of one → two vouchers a week worth a total of £6.20
- Parents/carers of children aged over one and under four → one voucher a week worth £3.10

Who is eligible?

Women who are at least 10 weeks pregnant, or families with children under the age of four, qualify as part of the Healthy Start scheme if they receive:

- Income Support, or
- Income Based Jobseeker's Allowance, or
- Income Related Employment and Support Allowance, or
- Child Tax Credit (with a family income of £16,190 or less per year), OR
- Universal Credit (with a family take home pay of £408 or less per month)
- Any pregnant women under the age of 18 when they apply* (they don't need to be receiving Benefits)



What can the vouchers be spent on?

- Milk
- Plain fresh or frozen fruit and vegetables (i.e. without added ingredients)
- Infant formula milk

Vouchers are posted every four weeks.

Healthy Start Vitamins

Beneficiaries also get **green vitamin coupons** to claim Healthy Start vitamins in their local area.

These can be used either for Healthy Start women's tablets or Healthy Start children's drops.

Vitamin coupons are posted every eight weeks.

Where can the vouchers be used?

Healthy Start Vouchers can be used at a range of local shops, pharmacies and supermarkets in and around Oxford that are signed up to the scheme.

To find participating stores in your local area, please visit:

www.healthystart.nhs.uk/healthy-start-vouchers/where-to-use-the-vouchers/

Where to get the application leaflet

You can get an application leaflet by:

- Asking your midwife or health visitor for one
- Calling the Healthy Start helpline on **0345 607 6823** and asking them to send you one by post
- Accessing the form online at www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/
Here you can:
 - Download the form directly as a PDF
 - Fill in the form online and then print it off to check and sign
 - Email a blank form (PDF) to yourself

If you are emailing or downloading a copy of the application form to yourself, you will need to have the free software *Adobe Acrobat Reader* to view and print it. You can contact your local library to enquire about printing facilities.

What you need before completing the application form

- Your National Insurance Number.
- Information on any Benefits you are currently receiving.
- If you live with a partner, you will also need their National Insurance Number and information on any Benefits they are receiving.
- If you are under 18 (or under 20 and in full time education) and live with a carer (e.g. a parent), you will need your carer's personal details and your carer's partner's personal details (e.g. D.O.B, NI Number). You will also need information about any benefits that they are receiving.

How to complete the form

1. On the application leaflet – Fill in Part A of the form carefully in black ink using CAPITAL letters.
2. Take the form to your midwife or health visitor and ask them to fill in and sign Part B (you do not need to pay for this).
3. Make sure all the information on the form is correct and that you and your health professional have both signed and dated it. **IMPORTANT:** forms that have **not** been signed by a health professional cannot be accepted so make sure you do not miss this step out.
4. Send the form to the address below – either write the address on a plain envelope (you don't need a stamp) or use the freepost envelope at the back of the application leaflet.

Freepost RRTR-SYAE-JKCR, Healthy Start Issuing Unit, PO Box 1067, Warrington, WA55 1EG.

*Note: *If you are pregnant and under 18, you can get support from Healthy Start until your baby is born whether or not you're on the qualifying benefits or tax credits. After your baby is born, you will only continue to qualify if you get the qualifying benefits or tax credits. To make sure you keep getting vouchers once the baby is born you should call Healthy Start on 0345 607 6823 and also apply for Child Tax Credits as soon as you can – don't delay or your vouchers may stop.*

Further answers to frequently asked questions can be found at:
www.healthystart.nhs.uk/healthy-start-vouchers/your-questions-answered/

Or you can call the Healthy Start Helpline at: 0345 607 6823.