



**Are you missing out?**  
With eligible people not claiming Healthy Start, thousands of pounds are being unspent in west Cheshire each month

**If you're pregnant or have children under the age of four, you could get help to buy food and milk.**

**Apply online for NHS Healthy Start**



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

  @NHSHealthyStart



## How you could qualify

You can access the Healthy Start scheme if you're at least 10 weeks pregnant, or you have at least one child aged under four, and receive any of the following.

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

## What you'll get

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

