



Get your free Healthy Start vitamins here

Use your Healthy Start prepaid card to collect:
Healthy Start vitamins

Vitamin drops for babies and young children
suitable from birth to 4 years old

- 1) Email healthystart@gloucestershire.gov.uk with the following information:
 - A photo of your pre-paid card
 - Which vitamins you want? The children vitamin drops or vitamin tablets for pregnant women
 - Your postal address to receive the vitamins
- 2) Your vitamins will then be posted to you.
- 3) The issuing unit will continue to top up your pre-paid card every 4 weeks, repeat step 1 to receive your vitamins
- 4) If you are pregnant, ensure you tell the Healthy Start helpline once your child is born, so your child can also receive vitamin drops 0300 330 2090

www.healthystart.nhs.uk

  @NHSHealthyStart