



# 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

If you are a Lincolnshire resident holding a Healthy Start prepaid card, you can claim vitamins in two ways.

Show your prepaid card to your health visitor or midwife and request vitamins for your child(ren) or yourself. Your health visitor or midwife will forward your request to Lincolnshire County Council's healthy start vitamins team for you.

Or contact Lincolnshire County Council's healthy start vitamins team directly at [healthystart@lincolnshire.gov.uk](mailto:healthystart@lincolnshire.gov.uk) to claim healthy start vitamins for your child(ren) and/or yourself.

The team will be happy to assist you, and you may be able to receive vitamins sent to your home address by post.

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

  @NHSHealthyStart