

Healthy Start



What is the Healthy Start program?

The Healthy Start program is a free, non-income based program offered in partnership with the Florida Department of Health in Monroe County that provides moms and babies with resources, support, and help they need to have a healthy pregnancy and a healthy birth.

It is available to all pregnant women and families with babies under 3 years of age.

How do I enroll in Healthy Start?

As soon as you think you may be pregnant, schedule a visit with your health care provider and ask for a Healthy Start screen. This is a simple one-page questionnaire that is completed by you and your medical provider. The answers to these questions are kept confidential and are only used to provide the best possible care for your and your baby. If you do not have a doctor, or think you would benefit from services, please call us and we will help you enroll.

What kind of services does Healthy Start provide?

Healthy Start provides free services including:

- Care coordination
- Childbirth education
- Parenting education and support
- Smoking cessation
- Breastfeeding support and education
- Nutritional guidance
- And much more.



For more information about our Healthy Start program, please contact the Program Director at 305-676-3841 or the Coalition at:

www.keyshealthystart.org

305-293-8424

info@keyshealthystart.org

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The Florida Keys Healthy Start Coalition unites people and resources to improve the health and well-being of pregnant women, children, and their families in Monroe County.