

“Great Beginnings for a healthy baby begins with Healthy Start”

Healthy Start services are provided to clients through home visiting with a nurse and an advocate.

The most frequently offered Healthy Start services are:

- 2 Information about having a healthy pregnancy (planning for pregnancy, pregnancy spacing, family planning, etc.)
- 2 Information on how to take care of your baby after delivery
- 2 Transportation to doctor appointments and health department services
- 2 Parenting education and support
- 2 Links to other services in the community
- 2 Someone to talk to about your problems.

Healthy Start services are offered to pregnant women and infants and toddlers through the child’s second birthday.

If you are referred, a Healthy Start nurse or advocate will explain the program more and answer your questions. They will help you decide what you and your baby need, and find services in the area to help you.

For more information phone:
989-758-3850



Learn more about the services and programs that will help keep you and your baby healthy.



Saginaw County
Department of Public Health
1600 N. Michigan
Saginaw, Michigan 48602

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This project is supported by the March of Dimes.

Earned points!



Most frequently asked questions





How do I earn points?

The program is pretty simple. There are a few ways to earn "points" - one, you can earn points by keeping your visits with your Healthy Start advocate or nurse. You can earn "points" by attending the "Time to Talk" focus groups, consortia meetings, by keeping your well-being appointments, etc.



Do I need to be part of Healthy Start or the Consortia?

The answer is yes. You need to be either in the Healthy Start Program or a member of the Consortia. You may also bring friends or family with you for support. But the "points" will only count for you.



I've earned my points now what?

Now you have a ton of points and want to "cash" them in. You need to call to schedule an appointment. The store is open the 1st and 3rd Wednesday of every month.

What if I lose my card?

If you lose your card, that card will be voided. A new card will be issued on the date you have let us know about it. "Points" will start on that date, we will not go back. So keep your card in a safe place (maybe with your WIC book).

Do I need an appointment or can I just walk in?

An appointment is needed when redeeming your "points". Appointments are scheduled prior to "store day". The store is open the 1st and 3rd Wednesday of every month. There are morning (9:00am-11:00am) and afternoon (12:30pm-2:30pm) appointments available. Appointments are scheduled every 1/2 hour. If you can not make your appointment you are asked to call 24 hours in advance to reschedule. A limited number of slots are available.

What do I need to bring with me?

You will need to bring your "point" card, any certificates you have received (GED, college, parenting classes, child birth education classes, etc.), a printout from any doctors visits (well-being, postpartum, immunizations, birth-control, etc.). If you have recently acquired a job you will need to bring a months worth of pay stubs with you. If you have WIC bring your book with you. If you have forgotten any of the above those points cannot be counted.

How long do I have to shop?

You will have 1/2 hour to shop. If you arrive 15 minutes into your appointment time, you will only have 15 minutes to shop.

Who can I bring with me?

We ask that you come by yourself if possible. If you need to bring your child (ren) with you we ask that you bring someone to watch them. We do not provide someone to watch them while you shop.

What's in the store?

There is a huge list of items you can choose from.

Personal care items:

- Shampoo & Conditioner (10 points)
- Toothpaste & toothbrushes (25 points)
- Bubble Bath (25 points)

Baby clothes (ages 0-5T) (50-100 points)

Receiving blankets (25-50 points)

Baby bath tubs (50-100 points)

Diapers and wipes (25 points)

Household items

Microwave (1000 points)

Vacuum cleaner (300-1000 points)

Dish towels, dish drainers (25-50 points)

Dishes (500 points)

Irons (100 points)

Bedding (bed-in bag, sheets, etc.) (500-1000 points)

Toys (ages 0-teens) (25-200points)

These are just some of the items. There are many more brand name items and hand-made items that are donated.

