



Eat well, be well

Eat Well for Better Health

***Meegiteelemanetj gentjanag
Nulankeyuwan Psiw Nicannuk
We Honour Our Children***

The New Brunswick Postnatal Benefit Program can help.

The Postnatal Benefit Program can help by offering financial aid to women who have a newborn baby. If your annual family income after taxes was less than \$29,000 last year, you may qualify for financial assistance to help you eat well after the birth of your baby.

The postnatal benefit – \$60 per month for all clients – is provided to eligible mothers for up to four months after your baby is born. You can receive four monthly cheques once you have completed the application process.

You will need to provide your Medicare number, proof of your baby's birth, proof of family income and your correct mailing address for your application to be processed. See your First Nation community health nurse for more information or assistance in the application process.

Fax or mail required documents to:

Postnatal Benefit Application,
Office of The Chief Medical Officer of Health,
520 King St.,
Fredericton, N.B.
E3B 5G8
Fax: 506-453-2780
Telephone: 506-453-2280

For more information about taking care of your baby, please contact your health-care provider or visit www.gnb.ca/health.