



# Do your nutrition education ONLINE!



1. Go to [www.wichealth.org](http://www.wichealth.org) and click on START HERE! to set up an account.
2. Fill out Step 1: You'll need to know the information below to set up your account:

## WIC Info

Agency	Click and enter Agency name.
Clinic	Click and enter Clinic name.
Family ID	Click and enter Family ID.

3. Fill out Step 2: Enter your login info to use later!

Username	Click and enter Username or press the space bar to leave blank.
Password	Click and enter Password or press the space bar to leave blank.

4. Complete your wichealth lesson by

- Choose any lesson that interests you.
- We recommend this lesson for you:

## Need Help?

### I forgot my username and password.

Go to [wichealth.org](http://wichealth.org). Click on "Forgot your username and password?" on the left-hand side beneath the login box. Follow the instructions. Your username and a new password will be emailed. If no email shows in your inbox after 10-30 minutes, check your junk or spam folders to see if it's there. If you are still having difficulties, send an email to [help@wichealth.org](mailto:help@wichealth.org)

### When will my benefits be renewed?

Contact your WIC office if you have questions about when your benefits will be renewed.

### How do I know my lesson was completed?

Be sure you go through the whole lesson and complete the survey at the end. When logged into your wichealth account, view your completed lessons under the Nutrition Education section, just click on "View my completed lessons".

### What lesson should I complete?

A staff member at your WIC office can suggest a lesson just for your interests and needs. You may choose any lesson you wish however.

### Check and update your profile information each visit to wichealth.org!

Login and click on "Edit my profile" in the Nutrition Education section. Be sure you update your agency info if you change clinics. This helps be sure your lesson goes to WIC correctly.

### Who should I contact if I need help?

Contact [help@wichealth.org](mailto:help@wichealth.org) if you have any questions or need any help with wichealth.org.

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