

AVAILABLE NOW!



# WIC TELEHEALTH APPOINTMENTS

Michigan WIC is now offering telehealth breastfeeding and nutrition appointments



## What Is Telehealth?

Telehealth is an online appointment where you and the WIC staff can see and hear each other on Zoom.

## Why Would I Use Telehealth?

For busy families, telehealth is more flexible because you can have your appointment online instead of going into the WIC clinic. You can avoid driving in bad weather, heavy traffic, parking and viruses.



## What Should I Expect?



### Connecting to Zoom

- You will need a computer, phone, or tablet with a camera and,
- An internet connection or cell phone with data plan.



### Before Your Appointment

- WIC staff will send you the Zoom link and help you get connected.
- They will make sure you know what to expect during your telehealth appointment.



### Joining Your Appointment

- Open the Zoom link from WIC.
- If WIC staff haven't arrived yet, you will see a message, 'Waiting for host to start the meeting'.
- You will automatically join once the appointment starts.



### During The Appointment

- Use the icons at bottom of screen to turn on your sound and camera.
- WIC staff will have their camera on.
- Turning on your camera will make the appointment more personal.
- WIC staff may share online information that you can use later.

## Do I Have To Use Telehealth?

It is your choice to have a telehealth visit. You will get your WIC benefits no matter how you choose to have your appointment.