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DATE: May 17, 2017
TO: WIC Coordinators
FROM: Nutrition and Clinic Services Unit
SUBJECT: wichealth.org – An option for self-guided education

This is the first in a series of three Wednesday Updates about wichealth.org

This memo provides an introduction to wichealth.org. Use this information to begin thinking about this additional education option. At the end of the memo, you will receive information on how to access wichealth.org so you can check it out!

The policy [Additional Education, MOM Section 6.7](#) has expanded options for self-guided education as described in the April 26th Wednesday Update memo, [Updated Policies: Increasing access to WIC services for families](#). One self-guided nutrition education option available to Minnesota WIC is **wichealth.org**.

What is wichealth.org?

- A website with numerous lessons for pregnant and breastfeeding women and for the parents/caregivers of infants and children. Lessons are available for both English and Spanish speaking participants.
- Nutrition education that WIC participants can complete on their own time, anywhere they access the internet. It even works on smart phones!
- Learning modules are developed using educational and communication theories. Each lesson is individualized to the participant's interest and readiness for change.

How does wichealth.org work?

- A CPA determines wichealth.org is appropriate for a participant needing a **low-risk** additional education contact.
- A WIC staff member explains how to use the site and provides written information.
 - Promotional materials are available to explain the website. For an example, see the Client Flyer included in this Wednesday Update.
- The participant creates an account and completes a lesson on the wichealth.org site. After completing a lesson, a Certificate of Completion is available. The certificate includes the names of lessons completed and how the participant plans to use the information from the lessons. The certificate can help guide follow-up with the CPA. Next week's memo will describe options for accessing the certificate.
- Upon confirmation that a lesson has been completed, local agency staff follow-up with the participant. The participant should be given the opportunity to interact with a CPA to discuss the content of the wichealth.org contact and to ask questions. See [MOM Section 6.7](#) for information on self-guided education requirements and options for follow-up.

- Document the completion of the module in the participant’s record. Documentation options are coming in a later memo.
- **NEW!** Participants completing a lesson on wichealth.org may be eligible for mailed vouchers. See [Alternative Methods for Providing Food Benefits, MOM Section 8.4](#) and [Food Benefit Issuance Plan, MOM 8-G](#) for specific requirements for mailing vouchers.

Check out wichealth.org:

- We have provided a list of local WIC agencies and coordinators to www.wichealth.org. www.wichealth.org staff will send you an email this week inviting you to set up a unique username and password to access the www.wichealth.org site and the www.wichealthsupport.org site.
 - Access to wichealth.org: With this account you will be able to navigate the www.wichealth.org site, complete lessons and become familiar with the content of the site. This will be your “practice” account.
 - Access to wichealthsupport.org: You will also have access to the www.wichealthsupport.org site. This administrative site is only available to state and local agency staff. More information about the site will be provided in a future memo.
- See a demonstration on Vimeo [wichealth Demo](#). Please note this demo is 4 years old. Overall, the demo provides a good overview of the site. However, there have been some changes to the site since the video was created.
- Minnesota WIC will offer wichealth.org webinars. Watch the Wednesday Update for dates and time.

Coming Next Week:

- How to try out wichealth.org
- How to access the Certificate of Completion