



### What is WIChealth.org?

WIChealth.org is a place for you to get nutrition education and ideas for you and your family.

### Why use WIChealth.org?

WIChealth.org is available for you to use anytime day or night to learn more about food and nutrition. WIChealth.org has trusted information with no ads or pop-ups.

### What happens after I take a WIChealth.org lesson?

WIChealth.org lets your WIC clinic know you completed a lesson. At your next WIC appointment staff will ask if you have questions about WIChealth.org.

### What can I learn about from WIChealth.org?

- Eat Well for A Healthy Pregnancy
- Feeding Your Newborn
- Getting The Support You Need for Baby's First Weeks
- Feeding Your 1-Year-Old
- Making Mealtime A Family Time
- Help Your Child Develop Healthy Eating Habits
- Powerful Proteins, So Much More Than Meat
- Be Healthy with Veggies and Fruits
- And many more topics!



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This institution is an equal opportunity provider.

Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email WIC@doh.wa.gov

## How do I sign-up for WIChealth?

### 1 Get this information from your WIC Clinic

State:	Washington
Agency:	
Clinic:	
Family ID #:	

### 2 Go to: [www.WIChealth.org](http://www.WIChealth.org)

Use this QR Code



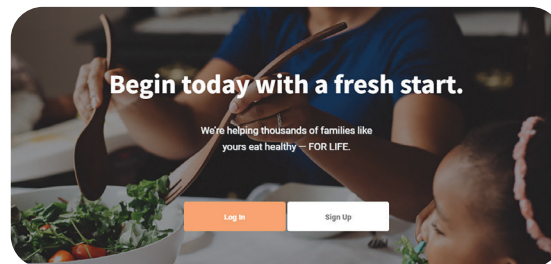
or

Click on icon in the WICShopper App



wichealth.org

### 3 Click "Sign Up"



### 4 Enter Your Information to Create Account

Your username, password and security questions are case and space sensitive. Save your information for future use.

Username:

Password:

### 5 Click "Register"

### 6 Create Profile

### 7 Click "Finish Profile"

### 8 Now you are ready to use WIChealth.org!

