

## Nutrition Education on the Go



### What is wichealth.org?

Another option for Additional Education! The website includes numerous lessons and a Health eKitchen with healthy recipes.



**More than 50  
educational lessons**



**Healthy recipes  
featuring WIC  
approved foods**



**Available on tablet,  
computer, or smart  
phone**

### What makes this approach unique?

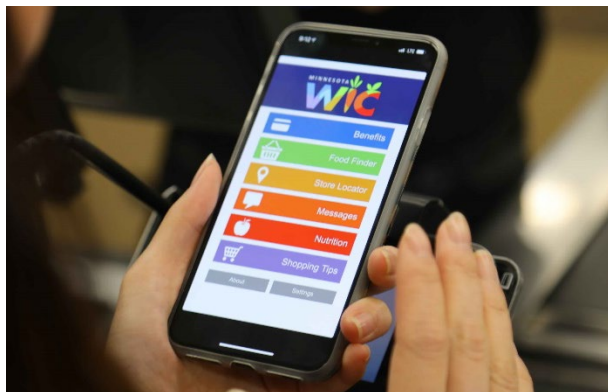


- Wichealth.org is participant-centered allowing the client to choose the lesson and resources that best meets her needs.
- The lesson is individualized to the participant's interests and readiness to change.
- The participant can complete a lesson at any time.

## How does wichealth.org work?

Create an Account	Complete a Lesson	Follow-up
<p>Participant creates an account with their WIC Household ID.</p> <p>See <a href="https://vimeo.com/236439675/dd660774cf">Creating a Client Account</a> (<a href="https://vimeo.com/236439675/dd660774cf">https://vimeo.com/236439675/dd660774cf</a>)</p> <p>Set up your WIC staff account by emailing <a href="mailto:help@wichealth.org">help@wichealth.org</a></p>	<p>Participant chooses a lesson of interest and responds to a series of questions to determine her readiness to change.</p> <p>The participant may select from many available learning resources, tailored to her readiness to change and interests. See <a href="https://vimeo.com/236245768/45317bbd61">Completing a Lesson</a> (<a href="https://vimeo.com/236245768/45317bbd61">https://vimeo.com/236245768/45317bbd61</a>)</p>	<p>A Certificate of Completion is emailed to the agency. Set up your agency's email account: <a href="mailto:help@wichealth.org">help@wichealth.org</a>.</p> <p>Follow up with the participant regarding their action statement from the Certificate.</p> <p>Document the lesson in the Nutrition Education tab (Group Ed) or in Notes.</p>

## Who can use wichealth.org?



- English and Spanish speaking WIC participants.
- Participants with internet access. Quickly link to wichealth.org through the My MN WIC App.
- Everyone! All participants are encouraged to use the wichealth.org resources. Wichealth.org lessons “count” as Additional Education for low-risk participants.

## Tips for Success

Provide the participant with a wichealth.org flyer. Point out their WIC Household ID.

Demonstrate how to get to wichealth.org from the My MN WIC App.

Remind the participant by text, phone or email to complete a lesson before their next appointment.

## Wichealthsupport.org – A Tool for WIC Staff

- State and agency reports
- Access to participant's completed lesson
- Downloadable materials for promotion and implementation
- wichealth Academy for staff training
- Staff access to wichealth.org as a client

To request a staff account or for more information, email [help@wichealth.org](mailto:help@wichealth.org).