

memo

DATE: May 24, 2017
TO: WIC Coordinators
FROM: Nutrition and Clinic Services Unit
SUBJECT: wichealth.org – An option for self-guided education: Functions

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

One self-guided nutrition education option available to Minnesota WIC is wichealth.org. Use the wichealth.org memos to learn more about this additional education option. Last week's [May 17, 2017 \[wichealth.org\]\(http://wichealth.org\) Memo](#) provided an introduction to wichealth.org. This week's memo will provide more information about how wichealth.org functions.

Accessing wichealth.org

Last week, wichealth.org support staff sent an invitation to each WIC Coordinator to set up a wichealth.org account. Contact [Sandy Sather](#) if you are a coordinator and didn't receive an email from wichealth.org.

Try out a lesson

Set up your wichealth.org account and select **Start Lesson**. Choose a lesson to complete. As you go through the lesson, notice the following:

- The user is asked a series of questions to gauge readiness for change.
- Based on responses to the questions and readiness for change, the user is directed to educational options. The user selects the option of interest.
- After completing a lesson, the user completes "End of Lesson Questions". One question is "What's one thing you can start or keep doing based on what you learned today?" This is the participant's *action statement*.
- The user submits their answers and is given the opportunity to print (or email, if available) the Certificate of Completion.

More Features on wichealth.org

- The user selects English or Spanish at sign in. If Spanish is selected, the lessons and all website information is in Spanish.
- The site includes a **Health eKitchen WIC Meal Planner**. Health eKitchen is a library of the best WIC approved recipes and videos. On the home page, select *View Recipes* under **Cooking with WIC**. The user is directed to recipes that include WIC ingredients the participant has on hand.

Certificate of Completion

- There are three options for WIC staff to view a Certificate of Completion:
 - **Option 1: Print.** The participant can print the certificate and give to WIC staff.

- **Option 2: Email.** The certificate may be sent to an email account for the local agency. If you would like the Certificates of Completion for your participants to be emailed directly to your agency, contact help@wichealth.org and provide the email address for your agency. For multi-county agencies, let wichealth.org know which counties to include. We suggest using a generic “non-person” email account.

Once your email address is programmed, your participants will be given the option to email the certificate directly to your agency.

- **Option 3: Look up.** The certificate can be viewed on the www.wichealthsupport.org website. Coordinators have been sent an email on how to set up an account for www.wichealthsupport.org. If additional staff require access, send an email to help@wichealth.org to request access to the www.wichealthsupport.org website. Indicate your email address and agency name. (For multi-county agencies, list all the counties in your agency.) You will then receive an email inviting you to create a username and password for www.wichealthsupport.org. This site is just for state and local agency staff. On this site you will find:
 - Client Search: Enter a client’s WIC ID and find out when they completed a nutrition education lesson and other details about their sessions.
 - Usage Statistics: Check out wichealth.org usage statistics for your state or agency/county.
 - Resources: Access free training and promotional materials.
- The certificate provides the name of the lesson; stage of change at the start and the end of the lesson; and the participant’s action statement. The CPA should follow-up with the participant, using the information from the certificate. At a minimum, discuss the participant’s action statement. See [Additional Education, MOM Section 6.7](#) for information on self-guided education requirements and options for follow-up.

Mailing Vouchers

Participants who complete a lesson on wichealth.org and have a follow-up contact with a CPA may be eligible for mailed vouchers. See [Alternative Methods for Providing Food Benefits, MOM Section 8.4](#) and [Food Benefit Issuance Plan, MOM Exhibit 8-G](#) for specific requirements for mailing vouchers. The Food Benefit Issuance Plan must be completed and approved by your regional consultant before you proceed with this option.

Webinars

For a more in-depth review of the site, join a webinar. Watch the Wednesday Update for wichealth.org webinar dates and times.

Coming Next Week:

- Options for documenting the wichealth.org lessons
- Helping participants select a lesson that best meets their needs/interests
- More resources