DATE: November 14, 2018
TO: WIC Coordinators
FROM: State WIC Staff
SUBJECT: Guidance on Vitamin Mineral Supplements

We recently received questions regarding vitamin mineral supplements in WIC and wanted to share the information with Local Agencies (LAs) across the state.

Q: Are vitamin mineral supplements a WIC allowable expense?
A: No, vitamin mineral supplements are not considered a WIC allowable expense and LAs may not use their WIC grant to cover such expenses. The WIC program does allow working with or referring participants to other community programs that provide supplements. It is acceptable for LAs to obtain separate funding (e.g., through other grants) to purchase supplements.

Q: Does Medical Assistance, or other insurance providers, cover vitamin mineral supplements?
A: With a prescription, Medical Assistance (MA) will cover vitamins. See MA 256B.0625: MN Statute, Subd. 13 for reference. If a participant has private health insurance, encourage them to ask the insurance company’s Member Services if their plan covers the prescribed vitamin mineral supplement. If a participant needs to purchase a vitamin mineral supplement, suggest asking their pharmacist to recommend a low cost vitamin mineral with iron. If the participant’s PNV prescription is not carried by her pharmacy, then she should ask the pharmacist if they carry another one that would be covered by MA.

Q: Are resources available to give to participants about vitamin mineral supplements?
A: Yes. Recently the MN WIC Nutrition Education cards were redesigned and now include cards on prenatal vitamins in the Pregnancy Cards series, Vitamin D and Iron in the General Card series.

If you have questions about ordering these cards or any of the other new Nutrition Education Cards, contact Rebecca Gruenes at rebecca.gruenes@state.mn.us or 651-201-3643.