



Complete Your Nutrition Education Online!

We are here to be your partner in your journey from pregnancy through your child's 5th birthday

To participate: go to www.wichealth.org

- 1 Click on **Sign Up**
- 2
 - Under **Create an Account**
 - Select **language**
 - Select State: **California**
 - Select Agency: **Lundquist WIC**
 - Select Clinic:

 - Enter your **9 digit Family ID Number**
- 3 Complete **Account Information** Section:
 - Choose a **Username**
 - Enter **Email Address**
 - Choose a **Password**
 - Answer **Security Questions**
- 4 Click **Register**
- 5 Complete **My Information** section
- 6 Click **Finish Profile**

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- Many WIC participants find online education to be really helpful in learning new skills that keep their families healthy.
 - Complete any lesson on topics that interest you or ask your WIC counselor to help you find a lesson centered on your needs.
 - Completing the online lesson will take the place of your next WIC nutrition education session.
 - Complete the lessons before your new WIC visit. Fill out the survey (optional). We will receive your **Certificate of Completion** electronically.
 - At your next visit **let the WIC staff know** that you have completed your online education.

Now you can begin your online education!