

Get to Know wichealth.org 1

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New developments for wichealth.org!

Wichealth.org continues to expand and grow. Many new features have been added for participants and staff.

What is wichealth.org?

- Wichealth.org is a resource available for WIC staff and participants.
 - **For Participants:** wichealth.org includes many nutrition education lessons geared toward pregnant and breastfeeding participants as well as resources for parents and caregivers of infants and children. Wichealth.org allows participants to complete nutrition education on their own time from anywhere they have access to the internet. Each nutrition lesson is tailored to the individual based on their interests and willingness to implement changes.
 - **For WIC Staff:** The wichealthsupport.org site has an extensive database of information and resources for staff.
 - The “Academy” provides information about wichealth including how to use, promote, and integrate it into daily workflow.
 - Staff can access evaluation and data reports and get answers to their commonly asked questions.
 - The site includes many nutrition education resources for staff and participants.

How to learn about the new features of wichealth.org

- Read future WIC Weekly Updates with in-depth information about each of the new features available on wichealth.org and wichealthsupport.org. Some upcoming highlights:
 - “Wichealth to gos” educational materials staff can text or email participants.
 - A new dashboard where staff can save or “favorite” items and compile education resources to share with participants in the future.
- Watch the new pre-recorded webinar Minnesota Staff Refresher 2024 and learn about the many features of wichealth.org and wichealthsupport.org, including the resource center, the academy, health eKitchen (recipes), wichealth to gos, and more.
- See the MDH WIC Remote Nutrition Education page, formerly called Education Choice. This page has all the Minnesota WIC specific wichealth.org information, as well as other links for providing remote nutrition education, including phone and video counseling resources.

Get Access to wichealthsupport.org

- Request access to wichealthsupport.org in just a few steps!
 - Send an email to help@wichealth.org to request access to the wichealthsupport.org website. Include in the email:
 - Your email address. Use your agency email address, not a personal email address.
 - State name.
 - Agency name. For multi-county agencies, list all counties in your agency.
 - Specify you want “local rep” access.
 - Even if you are NOT planning to offer wichealth.org as an educational resource to participants at this time, you can still access and use the many resources once you have a wichealthsupport.org account. As a bonus, the wichealthsupport.org website provides staff access to the participant site, wichealth.org, so you can check out the many participant lessons!

Reference – Complete Listing of Hyperlinks

[Wichealth.org \(https://www.wichealth.org/\)](https://www.wichealth.org/)

[Wichealthsupport.org \(wichealthsupport.org\)](https://wichealthsupport.org)

[Minnesota Staff Refresher 2024 \(https://vimeo.com/1007745433/c80fc117fd?share=copy\)](https://vimeo.com/1007745433/c80fc117fd?share=copy)

[Remote Nutrition Education](https://www.health.state.mn.us/people/wic/localagency/edchoice/index.html)

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