



## Frequently Asked Questions (FAQs)

### **Who can take these lessons for WIC credit?**

- WIC families who live in Oregon and who were offered this option at their last WIC visit.
- Not all WIC clients may be offered online nutrition education for WIC credit.
- If you have questions about taking online nutrition lessons for WIC credit, please contact your [WIC clinic](#).

### **What lessons do I need to take?**

- You only need to complete 1 lesson between WIC visits, and the topic is up to you!
- WIC staff at your clinic can make personalized suggestions based on your health needs and interests, or your child's age.
- If you would like help picking a lesson, please contact your [WIC clinic](#).

### **How do I set up an account?**

- Use this link to go to the WICHealth website: [www.wichealth.org](http://www.wichealth.org)
- Click on 'Sign Up' and follow instructions to enter a username, email, password, and security question.
- Click on 'Register', complete profile with 8-digit WIC ID number, state, and clinic.
- Return to WICHealth website and log in.
- If you need additional help, open the document on this webpage called *For participants – How to take a WIC Health nutrition lesson* and follow the instructions listed.

### **What do I do if I forget my username and password?**

- Click on 'Forgot Your Username or Password?'
- Enter email or state and 8-digit WIC ID number.
- Answer your security question.
- Your username will be provided, along with instructions on how to reset your password.
- Click 'Log In'.

### **Who can I contact if I have questions not listed here?**

- Please send us an email at: [wic.webed@state.or.us](mailto:wic.webed@state.or.us).