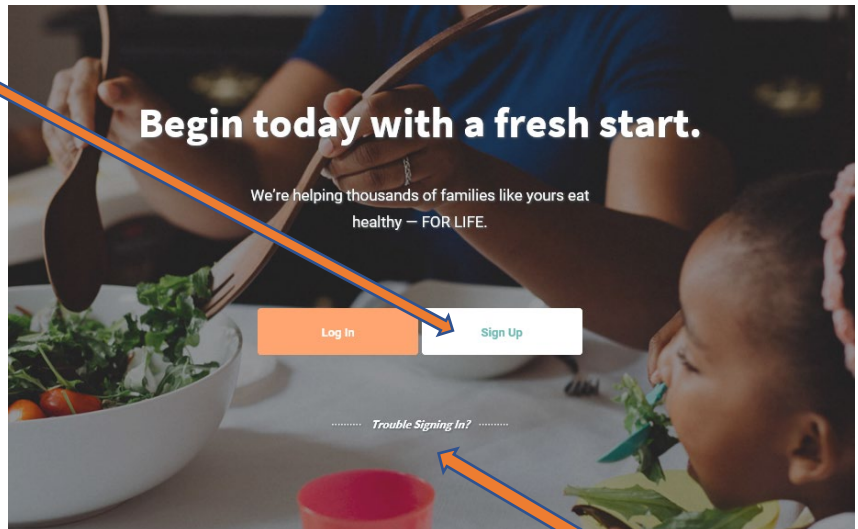


For participants – How to take a WIC Health nutrition lesson

How to set up a WIC Health account for the first time

1. Go to www.wichealth.org
2. Click on “Sign Up”
3. Follow the instructions to “Create an Account”
 - Select language - English or Spanish
 - Select state - **Oregon**
 - Select a username
 - Enter your email
 - Create a password (6-14 characters, including at least one capital letter, lower case letter, number and special character)
 - Select a security question and answer that is case-sensitive
 - Save this information
4. Click “Register”



How to solve problems with a previously set up WIC Health Account

If you forget your username, password or both, complete the following steps:

1. Go to www.wichealth.org
2. Click on “*Trouble signing in?*” located below the Log-In and Sign Up buttons.

If you know the email address associated with the WIC Health account:

3. Type in the email when prompted and click “Submit”.
4. Type in the answer to your security question and click “Submit”.
5. An email will be sent to your email address with a link to reset their password. Open the email and click the link.
6. When the link opens, enter your new password and click “Reset Password”.
7. Your password has now been updated.

If you do not know the email address associated with the WIC Health account:

8. Select **Oregon** in the state dropdown list.
9. Type in your WIC ID and click “Next”.
10. Type in the answer to your security question and click “Submit”.
11. Your username will be displayed on the screen. Write it down and save it.
12. Type in and confirm a new password to use and click “Reset Password”.
13. Your password has now been updated.

If these suggestions do not help, click on the “Help” Button at the bottom of the page and someone from WIC Health will contact you within 24-48 hours.