



## ONLINE NUTRITION EDUCATION

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To proceed, you must have a sticker on the back of your WIC ID card indicating you have an online education appointment. Please contact the WIC office if you have any questions.

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### FOLLOW THESE STEPS

1. Log onto [www.wichealth.org](http://www.wichealth.org)
2. Follow the instructions to create an account. If you already have an account, log in.

#### WIC INFORMATION

**WIC Agency:** Community Bridges

**WIC Site:** Santa Cruz, Felton, or Watsonville

**WIC Family ID:** refer to your WIC ID folder

3. Select one lesson from the five categories (completing more than one lesson will not result in additional checks).
4. Answer the questions and click on the information that is helpful to you.
5. When you are finished, complete the short survey. Click on “Continue” to receive your Certificate of Completion. Then, click on “Email your certificate” to send it to WIC.
6. Once we receive your certificate, we will prepare your checks to mail on or after the 1st of the month of your next WIC appointment.
7. WIC must confirm your address by phone before we can mail your checks. **Call the WIC office immediately if your address changes.**

(831) 722-7121 Ext. 143

[communitybridgeswichealth@sccwic.org](mailto:communitybridgeswichealth@sccwic.org)

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