

# Job Aid for wichealth.org

## Offering Online Nutrition Education

Offer online education to the participant **only** if s/he:

- reads English or Spanish
- has access to the Internet
- is comfortable using a computer, tablet, or smartphone
- has expressed interest in this medium to satisfy secondary nutrition education and
- meets any additional online eligibility requirements designated by your local agency (if applicable).

### Suggested Introduction:

“WIC is offering an online learning program designed for WIC participants. This means there are some lessons that participants can do through the Internet for some of their WIC education.”

### Pros and Cons of Online Learning:

Have a conversation in which you share the benefits and disadvantages of online learning. “You can do the lessons at home at a time that is convenient for you. You choose a topic that interests you and learn at your own pace. Unfortunately, you won’t have a teacher to answer your questions. Also, you won’t be able to share your experiences with a group, like in a class.”

Does this interest you? If so, what questions do you have? Keep in mind that you will need to have access to a computer and the Internet. Lessons are only available in English and Spanish.”



## Explanation of wichealth.org

*If the participant is interested in wichealth.org, demonstrate how she will access the website.*

“The online learning is through a website called wichealth.org. To get on the website you will need to:

1. go to [www.wichealth.org](http://www.wichealth.org) (for Spanish click on the “En español” link or go directly to [www.es.wichealth.org](http://www.es.wichealth.org))
2. create an account by choosing a **user name** and a **password**
3. create a profile by putting in the name of your WIC agency, name of your WIC site and your WIC family ID number –This information is on your WIC ID Folder. Make sure to enter all letters and numbers accurately.”

Offer the wichealth.org WIF insert. “Here is a handout about wichealth.org that explains how to get on the website. What questions do you have?”

Have a conversation about the online learning.

If the participant says she wants to do online learning for her next education contact, ask: “On the back of this insert are listed the lessons that are available. Which lesson do you plan to do?”

### Tip:

If the participant isn’t sure which lesson is of interest, use the Nutrition Questionnaire to suggest a lesson. For example, “I noticed on the questionnaire that your child is a picky eater, maybe you would be interested in the ‘Secrets for Feeding Picky Eaters’ lesson.”



## Nutrition Education Using wichealth.org

“From what you have told me, you are interested in looking at the lesson called \_\_\_\_\_.” You can do this lesson at a time that is convenient for you.”

“Once you are finished with the lesson, you will be invited to answer a short survey ---some questions about how things went for you. We want to hear from you! Please give us as much information as you can about what went well and what you would suggest we change. We are interested in learning what participants think about online education.”

“You will get a certificate for completing the lesson. You can either:

- print it and take it to your next appointment or
- email it to your agency.”

“You can always go back and view or print your certificates from the "Completed Lessons" tab within the “My Profile” part of the website.”



## Closing

“When do you think you will be doing the online education? Tell me how the session will fit into your schedule.” Listen and summarize.

“What questions do you have before you leave today?” Answer any questions.

“Thank you for trying the online education. I hope it goes well. We look forward to hearing how it went.”

**ACTION:** Complete ISIS and set-up the next appointment as:

- GP60 for the Prenatal Baby Behavior module “Understanding Your Baby’s Sleep” (“Entendiendo el sueño de tu bebé”)
- GI60 for the Early Infancy Baby Behavior module: “Understanding Your Baby’s Cues” (“Entendiendo las señales de tu bebé”)
- GA60 for other wichealth.org modules

## Documentation

**ACTION:**

- When the participant completes an online class s/he will receive a certificate of completion. This certificate may be hand-delivered to your agency or emailed. Certificates of completion for participants can also be accessed through wichealthsupport.org by entering the participant’s Family ID number.
- For participants who complete a wichealth.org online module, place a “Y” (yes) next to either GP60, GI60 or GA60, whichever is applicable, in the participant’s Document Nutrition Education Contacts screen in ISIS.
- If the participant was not able to access or did not complete the online education class then place an “R” (refused) in the Document Nutrition Education Contacts screen in ISIS. Schedule the next appointment according to your agency’s protocol.