

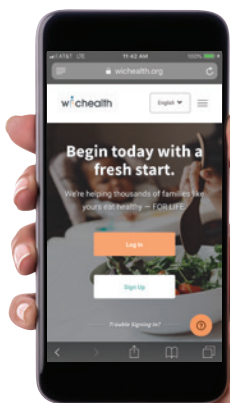
Anytime. Anywhere.

Do your nutrition
education online,
in minutes!



**Easy sign up and log
in with your username
and password:**

- Go to **wichealth.org**
- Sign up and complete your profile
- Click “Start Lesson”
- Choose a lesson from the 6 categories
- Complete the lesson and survey
- Get WIC class credit



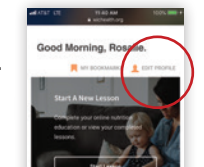


WIC Card Users: Update your Family ID in wichealth.org

1. **Log in** to your wichealth account.

2. **Click on “Edit Profile”** on the right side of the screen.

 **EDIT PROFILE**



3. **Check “Your WIC Information”** and make sure it is correct.

4. **Locate your “Family ID”** and **click on “Show/Update Family ID.”**

Family ID ●●●●●6789

[Show/Update Family ID](#)

5. **Enter your new 9-digit “Family ID”** in the “Family ID” box.

Family ID *

6. **Enter the 9-digit number again** in the “Confirm Family ID” box.

Confirm Family ID *

7. **Click “Update”** to update your profile with your new “Family ID.”

Update



California Department of Public Health,
California WIC Program
This institution is an equal opportunity provider.
1-800-852-5770 | myfamily.wic.ca.gov

 #920188 10/19

