



In this module, you will learn about another group of WIC participants – infants, women and children with medical conditions.

You already know that WIC provides model food packages.... But exceptions sometimes need to be made, so WIC also provides several food packages with formulas or foods used for treating various medical conditions.

After completing this module, you will:

- recognize some WIC terminology for Prescription-Required food packages;
- and learn the requirements that participants must meet in order to receive Prescription-Required food packages.
- You will be able to identify some prescription forms that are used for documenting medical conditions as well as some reference sheets used to determine appropriate packages.
- Finally, you will learn about some Prescription – Required products and how they are issued with regular WIC approved foods.

Participants with medical conditions



Prescription-Required packages customized for their situation



Referrals to other agencies

You can probably guess why these special packages are called “Prescription – Required.” Put simply, WIC participants must get medical authorization of their medical condition from a health care provider in order to receive this type of food package.

These Prescription – Required food packages vary depending on the needs of each participant.

For example, a formula fed baby may have allergies to milk or soy protein... This can increase the health risks for the baby and can cause serious issues with growth and development. This baby cannot have a standard formula.

Not only does WIC offer participants with documented medical conditions a Prescription – Required food package, we also provide referrals to other agencies. For children, WIC staff can use the ***Children and Youth with Special Health Care Needs Toolkit*** to investigate organizations that can be of help. These might include, for example, the Birth to 3 Program or the Wisconsin Sound Beginnings Program.

See the Resource List of this course for a link to the Toolkit.



Here's another example of a WIC participant who may qualify for a Prescription – Required food package.

Sam was born two months early and has been hospitalized since birth in an intensive care nursery. He will be discharged home in two weeks but may need special care due to his prematurity.

When his mom brings him to WIC, it could be determined that he needs a Prescription – Required food package which might include special formula to help him gain weight. WIC staff might also refer Sam's mom to one of the organizations listed in the Toolkit.

Let's look at how Sam and others qualify for a WIC Prescription-Required food package.



Allowed medical conditions

- prematurity
- low birth weight
- failure to thrive
- cancer
- gestational diabetes
- autoimmune disorders



In order to be eligible for Prescription-Required Food Packages, the participant must be diagnosed with an allowable “qualifying” medical condition, and not just symptoms.

Here are some examples of medical conditions that women, children and infants might have... prematurity, low birth weight, failure to thrive, cancer, gestational diabetes, or autoimmune disorders.

Symptoms are not allowed



- colic
- constipation



Keep in mind, there is a difference between a medical condition and a symptom, and symptoms are not allowed.

These may cause discomfort and distress but many times these symptoms are resolved through improved feeding practices. So, unless they are diagnosed as occurring due to a medical condition, participants are not eligible for Prescription-Required food packages.

WIC Prescription-Required Process

Introduction

Now that you know about eligibility, you are probably wondering how it works for WIC participants to actually receive a WIC Prescription - Required food package.

Let's take a look at this process.

The process can start at either WIC or with the health care provider.

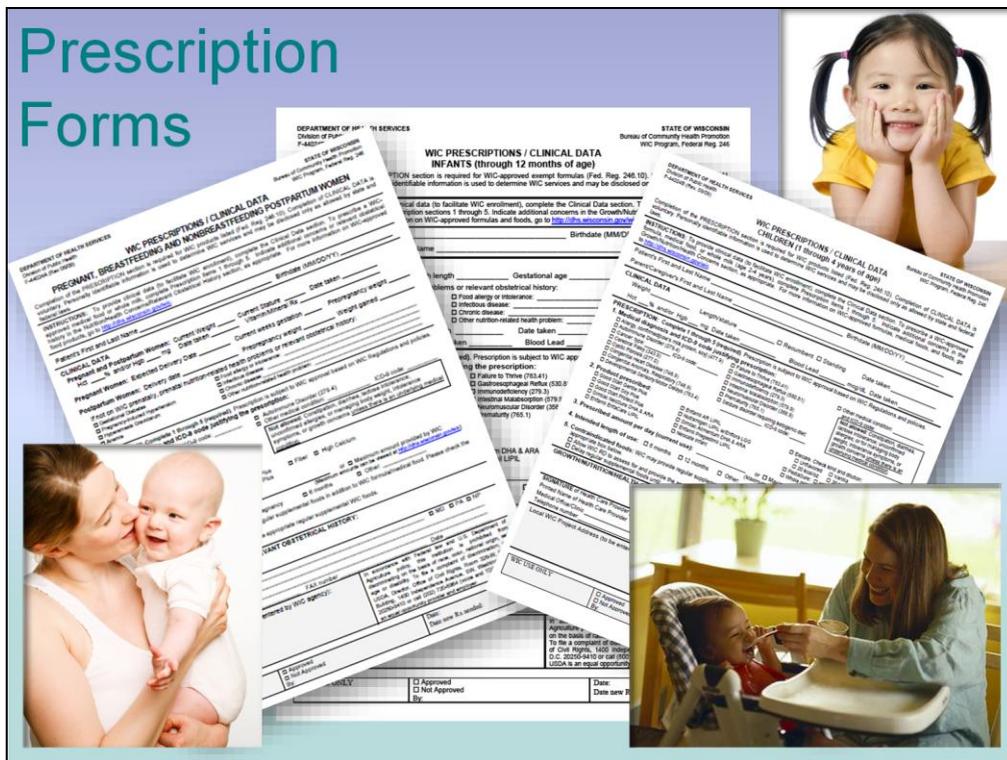
Click on each bubble to learn more.



PROPERTIES
Allow user to leave interaction: [Anytime](#)
Show 'Next Slide' Button: [Show upon completion](#)
Completion Button Label: [Next Slide](#)

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(Interaction)



So, during the process of determining what prescription –required package to provide, the health care provider needs to be responsible for completing the appropriate prescription form.

There is a Clinical Data/Prescription form for women, one for babies from birth to 12 months, and another form for children from 1 year through 4 years of age. These current forms can all be downloaded from the Wisconsin WIC website and ROSIE Help.

Please know that all WIC forms are subject to change and those you see in this module are for training purposes only.

DEPARTMENT OF HEALTH SERVICES
Division of Public Health
F-44024B (Rev. 09/09)

STATE OF WISCONSIN
Bureau of Community Health Promotion
WIC Program, Federal Reg. 246

WIC PRESCRIPTIONS / CLINICAL DATA
CHILDREN (1 through 4 years of age)



Completion of the PRESCRIPTION section is required for WIC products listed (Fed. Reg. 246.10). Completion of CLINICAL DATA is voluntary. Personally identifiable information is used to determine WIC services and may be disclosed only as allowed by state and federal laws.

INSTRUCTIONS: To provide clinical data (to facilitate WIC enrollment), complete the Clinical Data section. To prescribe a WIC-approved formula, medical food, or whole milk (age 2-4 years), complete Prescription Items 1 through 5. Indicate additional concerns in the Growth/Nutrition/Health Concerns section, as appropriate. For more information on WIC-approved formulas, medical foods, and foods, go to <http://dhs.wisconsin.gov/wic>

Patient's First and Last Name _____ Birthdate (MM/DD/YYYY) _____
 Parent/Caregiver's First and Last Name _____

CLINICAL DATA

PRESCRIPTION: Complete 1 through 5 (required). Prescription is subject to WIC approval based on WIC Regulations and policies.

1. Medical diagnosis and ICD-9 code justifying prescription:

<input type="checkbox"/> Allergy, confirmed (cow's milk protein, soy) (477.9)	<input type="checkbox"/> Failure to Thrive (783.41)	<input type="checkbox"/> Other medical condition: _____
<input type="checkbox"/> Autoimmune Disorder (279.4)	<input type="checkbox"/> Gastroesophageal Reflux (580.81)	and ICD-9 code: _____
<input type="checkbox"/> Cancer, type: _____ ICD-9 code: _____	<input type="checkbox"/> Immunodeficiency (279.3)	Not allowed: Constipation, diarrhea, lactose intolerance; unconfirmed allergies; or for managing body weight, intolerance symptoms, or growth concerns <u>unless there is an underlying medical condition.</u>
<input type="checkbox"/> Cerebral Palsy (343.9)	<input type="checkbox"/> Intestinal Malabsorption (579.9)	
<input type="checkbox"/> Cystic Fibrosis (277.0)	<input type="checkbox"/> Neuromuscular Disorder (358.9)	
<input type="checkbox"/> Congenital Heart Disease (746.9)	<input type="checkbox"/> Prematurity (765.1)	
<input type="checkbox"/> Congenital Anomaly, Respiratory (748.9)	<input type="checkbox"/> Seizure disorder requiring ketogenic diet: _____	
<input type="checkbox"/> Developmental Sensory/Motor Delays (783.4)	ICD-9 code: _____	

2. Product prescribed:

<input type="checkbox"/> Good Start Gentle Plus	<input type="checkbox"/> Enfamil AR LIPIL	<input type="checkbox"/> Elecare. Check kind and dilution:
<input type="checkbox"/> Good Start Soy Plus	<input type="checkbox"/> Nutramigen LIPIL w/Enflora LGG	<input type="checkbox"/> Unflavored <input type="checkbox"/> Vanilla
<input type="checkbox"/> Good Start Protect Plus	<input type="checkbox"/> Similac Alimentum DHA & ARA	<input type="checkbox"/> 20 kcal/oz <input type="checkbox"/> 30 kcal/oz
<input type="checkbox"/> Similac NeoCure DHA & ARA	<input type="checkbox"/> Enfamil Pregestimil LIPIL	<input type="checkbox"/> PediaSure: <input type="checkbox"/> with fiber <input type="checkbox"/> w/o fiber
<input type="checkbox"/> Enfamil EnfaCare LIPIL	<input type="checkbox"/> Neocate Infant	<input type="checkbox"/> Whole milk (age 2-4 years only)

3. Prescribed amount per day (current use): _____ or Maximum amount provided by WIC
 (Maximum amounts can be viewed at <http://dhs.wisconsin.gov/wic>)

4. Intended length of use: 6 months 12 months Other: _____

5. Contraindicated foods: WIC may provide regular supplemental foods in addition to WIC formula/medical food. Please check the appropriate box below.
 Allow WIC RD to assess for and provide the appropriate regular supplemental WIC foods.
 Delay regular supplemental foods until: _____

Sign or identify yourself as provider or opportunity provider. EEOE
 USDA, Director, Office of Civil Rights, 1400 Independence
 Avenue, SW, Washington, D.C. 20250-9410 or call (800)
 795-5272 or (202) 720-6302 (TTY). USDA is an equal
 opportunity provider and employer.

WIC USE ONLY	<input type="checkbox"/> Approved <input type="checkbox"/> Not Approved By: _____	Date: Date new Rx needed: _____
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Here is a sample of a WIC Prescription form. Notice the highlighted area, in the prescription section.

Item numbers one through five need to be completed by the health care provider.

DEPARTMENT OF HEALTH SERVICES
Division of Public Health
F-4402AB (Rev. 09/05)

STATE OF WISCONSIN
Bureau of Community Health Promotion
WIC Program, Federal Reg. 246

WIC PRESCRIPTIONS / CLINICAL DATA
CHILDREN (1 through 4 years of age)

Completion of the PRESCRIPTION section is required for WIC products listed (Fed. Reg. 246.10). Completion of CLINICAL DATA is voluntary. Personally identifiable information is used to determine WIC services and may be disclosed only as allowed by state and federal laws.

INSTRUCTIONS: To provide clinical data (to facilitate WIC enrollment), complete the Clinical Data section. To prescribe a WIC-approved formula, medical food, or whole milk (age 2-4 years), complete Prescription Items 1 through 5. Indicate additional concerns in the Growth/Nutrition/Health Concerns section, as appropriate. For more information on WIC-approved formulas, medical foods, and foods, go to <http://dhs.wisconsin.gov/wic>

Patient's First and Last Name _____ Birthdate (MM/DD/YY) _____
Parent/Caregiver's First and Last Name _____

CLINICAL DATA

PRESCRIPTION: Complete 1 through 5 (required). Prescription is subject to WIC approval based on WIC Regulations and policies.

1. Medical diagnosis and ICD-9 code justifying prescription:

<input type="checkbox"/> Allergy, confirmed (cow's milk protein, soy) (477.9)	<input type="checkbox"/> Failure to Thrive (783.41)	<input type="checkbox"/> Other medical condition: _____
<input type="checkbox"/> Autoimmune Disorder (279.4)	<input type="checkbox"/> Gastroesophageal Reflux (580.81)	and ICD-9 code: _____
<input type="checkbox"/> Cancer, type: _____ ICD-9 code: _____	<input type="checkbox"/> Immunodeficiency (279.3)	Not allowed: Constipation, diarrhea, lactose intolerance; unconfirmed allergies; or for managing body weight, intolerance symptoms, or growth concerns unless there is an underlying medical condition.
<input type="checkbox"/> Cerebral Palsy (343.9)	<input type="checkbox"/> Intestinal Malabsorption (579.9)	
<input type="checkbox"/> Cystic Fibrosis (277.0)	<input type="checkbox"/> Neuromuscular Disorder (358.9)	
<input type="checkbox"/> Congenital Heart Disease (746.9)	<input type="checkbox"/> Prematurity (765.1)	
<input type="checkbox"/> Congenital Anomaly, Respiratory (748.9)	<input type="checkbox"/> Seizure disorder requiring ketogenic diet	
<input type="checkbox"/> Developmental Sensory/Motor Delays (783.4)	ICD-9 code: _____	

2. Product prescribed:

<input type="checkbox"/> Good Start Gentle Plus	<input type="checkbox"/> Enfamil AR LIPIL	<input type="checkbox"/> Elecare. Check kind and dilution:
<input type="checkbox"/> Good Start Soy Plus	<input type="checkbox"/> Nutramigen LIPIL w/Enflora LGG	<input type="checkbox"/> Unflavored <input type="checkbox"/> Vanilla
<input type="checkbox"/> Good Start Protect Plus	<input type="checkbox"/> Similac Alimentum DHA & ARA	<input type="checkbox"/> 20 kcal/oz <input type="checkbox"/> 30 kcal/oz
<input type="checkbox"/> Similac NeoCure DHA & ARA	<input type="checkbox"/> Enfamil Pregestimil LIPIL	<input type="checkbox"/> PediaSure: <input type="checkbox"/> with fiber <input type="checkbox"/> w/o fiber
<input type="checkbox"/> Enfamil EnfaCare LIPIL	<input type="checkbox"/> Neocate Infant	<input type="checkbox"/> Whole milk (age 2-4 years only)

3. Prescribed amount per day (current use): _____ or Maximum amount provided by WIC
(Maximum amounts can be viewed at <http://dhs.wisconsin.gov/wic>)

4. Intended length of use: 6 months 12 months Other: _____

5. Contraindicated foods: WIC may provide regular supplemental foods in addition to WIC formula/medical food. Please check the appropriate box below.

Allow WIC RD to assess for and provide the appropriate regular supplemental WIC foods.

Delay regular supplemental foods until: _____

Sign, or identify, if not a complete or occupational, with
USDA, Director, Office of Civil Rights, 1400 Independence
Avenue, SW, Washington, D.C. 20250-9410 or call (800)
795-5272 or (202) 720-4302 (TTY). USDA is an equal
opportunity provider and employer.

WIC USE ONLY	<input type="checkbox"/> Approved	Date: Date new Rx needed:
	<input type="checkbox"/> Not Approved By: _____	

Number two indicates the products which are specifically approved by Wisconsin WIC for treatment of medical conditions. The health care provider must select only these.

Now, can you see the last item? Yes, "Whole Milk" is one of the foods included here. It is a "prescription-required product" for two to four year old children, and women.

Why is that?

Well, as you may remember in the "Food Package Overview" module the dietary guidelines recommend foods low in fat. So, whole milk can only be provided in treatment for a medical condition, not just given for participant preference.

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STATE OF WISCONSIN
Bureau of Community Health Promotion
WIC Program, Federal Reg. 246

INFANT FORMULAS – Exempt Formulas (Prescription Required)
in WIC Program to Partially-Breastfed and Fully Formula Fed Infants (Birth to 12 Months of Age)

Prescription/Clinical Data form for Infants (with required components completed). The prescription is subject to WIC RD approval.

Contraindications:	Kcal/oz	Protein Sources	Carbohydrate Sources	Fat Sources	Product Form, Size, Amount	By Age, Maximum Number Cans Per Month and Prepared Ounces Per Day					
						0-3 Mos cans max oz	4-6 Mos cans max oz	6-11 Mos ¹ cans max oz	max oz		
Is with extra nutrients for term 1800 grams and typically until adjusted age. Indications for WIC provision: Infants with medical conditions (e.g. SGA or BPD) that increase protein, mineral, calcium. General use for term infants: infants to gain weight. Contraindications: milk allergy, lactose intolerance. ²	22	60-40 whey protein concentrate, nonfat dry milk	Lactose, corn syrup solids in powder, maltodextrin in liquid	Vegetable oils (high oleic, sunflower, soy, coconut), MCT oil, DHA, ARA	Powder 12.8 oz can 87 fl oz Ready to Feed ³ 32 fl oz can	10	27	11	30	8	22
						26	28	28	30	20	21
Is with extra nutrients for term 1800 grams and typically until adjusted age. Indications for WIC provision: Infants with medical conditions (e.g. SGA or BPD) when higher levels of protein, iron, calcium, and phosphorus are needed. Unallowable: General use for term infants as concentrated calorie formulas to gain weight. Contraindications: Cow's milk allergy, lactose intolerance. See powder formula caution. ²	22	Non fat dry milk, whey protein concentrate	Lactose, corn syrup solids (glucose polymers)	Vegetable oils (soy, high oleic sunflower), MCT oil, DHA, ARA	Powder 12.8 oz can 87 fl oz Ready to Feed ³ 32 fl oz can	10	28	11	31	8	23
						26	28	28	30	20	21
Nutramigen LIPIL w/ Earflora LGG Mead Johnson Description: Iron fortified, lactose-free, sucrose-free hypoallergenic formula for term infants who are sensitive to intact protein in cow's milk, soy formulas and other foods. Contains cow's milk and soy but extensive hydrolyzed casein reduces possibility of allergic reaction. Allowable medical conditions for WIC provision: Intact milk protein intolerance, severe or multiple food allergies, galactosemia. Contraindications: See powder formula caution. ²	20	Casein hydrolyzate, amino acids w/ L-Cystine, L-Tyrosine, L-Tryptophan	Corn syrup solids, modified corn starch	Vegetable oils (palm, soy, coconut, high oleic sunflower), DHA, ARA	Powder 12.8 oz can 87 fl oz Concentrate 13 fl oz can 25 fl oz Ready to Feed ³ 32 fl oz can	10	29	11	32	8	23
						31	27	34	29	24	21
						26	28	28	30	20	21

Page of 3

After the prescription form is submitted to WIC, the RD or CPA ensures that the product is the right one and also determines the quantities of product to provide each month.

There are different documents they can use to do this.

DEPARTMENT OF HEALTH SERVICES
 Division of Public Health
 PPH 40077B (Rev. 08/09)

STATE OF WISCONSIN
 Bureau of Community Health Promotion
 WIC Program, Federal Reg. 2

INFANT FORMULAS – Exempt Formulas (Prescription Required)
 Provided by the Wisconsin WIC Program to Partially Breastfed and Fully Formula Fed Infants (Birth to 12 Months of Age)

A Prescription is required using the WIC Prescription/Clinical Data form for Infants (with required components completed). The prescription is subject to WIC RD approval.

Formulas	Use and Contraindications	Kcal /oz	Protein Sources	Carbohydrate Sources	Fat Sources	Product Form, Size, Amount	By Age, Maximum Number Cans				
							0-3 Mos		4-5 Mos		6-11 Mos
							max cans	max oz	max cans	max oz	max cans
Enfamil EnfaCare LIPIL Mead Johnson	Description: Infant formula with extra nutrients for premature infants; greater than 1800 grams; and typically used until 9-12 months postnatal adjusted age. Allowable medical conditions for WIC provision: Prematurity and other special medical conditions (e.g. Bronchopulmonary dysplasia or BPD) that increase nutrient needs; of protein, vitamin, mineral, calcium, phosphorus. Unallowable: General use for term infants as concentrated calorie formula to gain weight. Contraindications: Cow's milk allergy, lactose intolerance. See powder formula caution.	22	60-40 whey protein concentrate, nonfat dry milk	Lactose, corn syrup solids in powder, maltodextrin in liquid	Vegetable oils (high oleic, sunflower, soy)	Powder 12.8 oz can 82 fl oz Ready to Feed	10	27	11	30	8
Similac NeoSure DHA & ARA Abbott Nutrinon	Description: Infant formula with extra nutrients for premature infants; greater than 1800 grams; and typically used until 9-12 mos postnatal adjusted age. Allowable medical conditions for WIC provision: Prematurity and other medical conditions (e.g. Bronchopulmonary dysplasia or BPD) when higher protein, vitamins, minerals, calcium, and phosphorus are needed. Unallowable: General use for term infants as concentrated calorie formula to gain weight.					26	28	28	30	20	



To ensure the product is appropriate, they refer to one of the formula and medical foods tables that list the products, what they are used for, basic nutrient information, maximum quantities per month and average quantities per day.

There are four tables. This table is for exempt (sometimes called “special”) formulas for infants.

Notice the highlighted area (the use and contraindications) – what medical conditions are allowed for the various formulas?

Reference Sheet #2: Prescription-Required Formulas & Medical Foods and Max # Cans/Month

	Medical Food (30 fl oz/day; 45 for Fully BF Multiples)	Can Size	Max # Cans/Month	
			9 mo	8 n
Women	RTF			
	Boost (Boost, Plus, High Pro)	6-pk 8 oz	8 w/19 1 w/18	7
	Ensure (Ensure, w/Fiber, High Ca, High Pro, Plus)	6-pk 8 oz Fully BF Mult	3 w/29 6 w/28	1
	Ensure Plus	32 fl oz	3 w/29 6 w/28	
		32 fl oz Fully BF Mult	5 w/43 4 w/41	

- Elecare, Neocate Infant, and Pregestimil are usually available just at pharmacy.

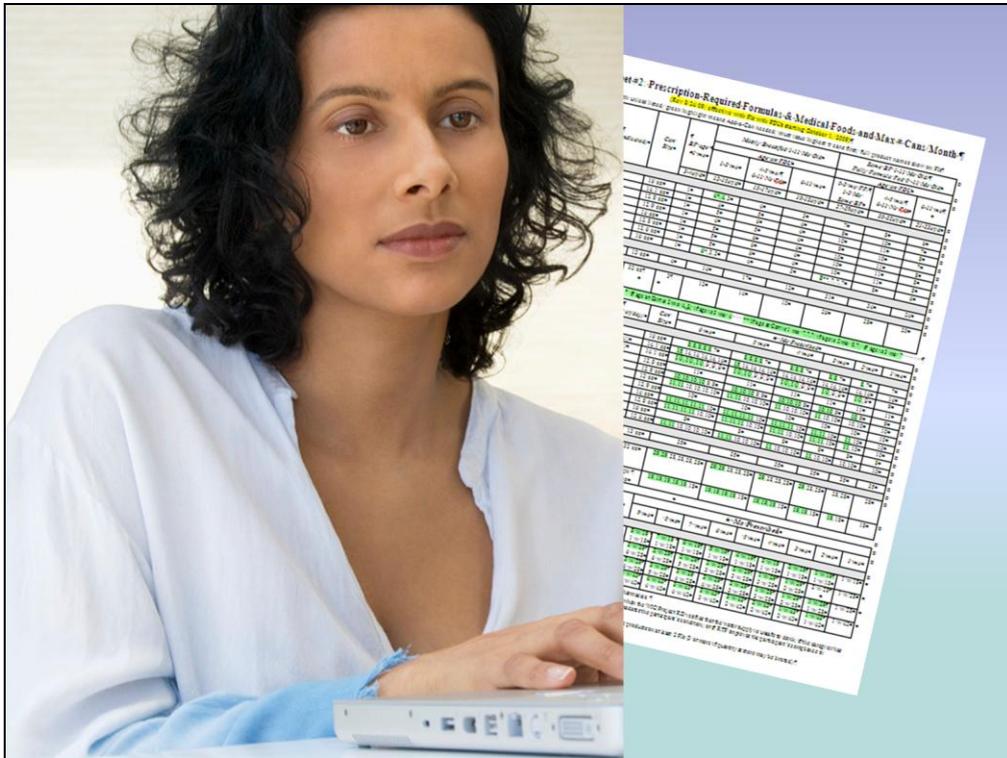
- Ready to Feed may be provided instead of powder or concentrate only with difficulty mixing powder or concentrate properly, if RTF better accommodate consuming the prescribed product.

- # Containers per FI: When issuing more than half packages, provide 1 container.

regiver has ice in

Here is Reference Sheet #2 which is used to determine product quantity. It is a condensed form that includes all the maximum allowed quantities for formulas and medical foods to be provided over the participant's certification period.

Just as the "Rainbow Reference" sheet helps clarify what participants may receive, this form does the same thing with the products for prescription – required.



Now that you have had a chance to see some of the forms and reference sheets needed for participants with medical conditions, let's explore some food packages and specific products.



Prescribed Products + Regular Foods

Infants 6+ months of age:	Children and Women:
Up to maximum formula	Up to maximum prescribed product
Maximum baby foods	Up to maximum regular foods
If no baby foods, more formula	

CPAs must tailor
the quantities!



In addition to the prescription – required products the packages may also contain regular WIC foods. Federal regulations for children and women include formulas, medical foods and all the regular WIC foods in order to better meet individuals’ nutritional needs.

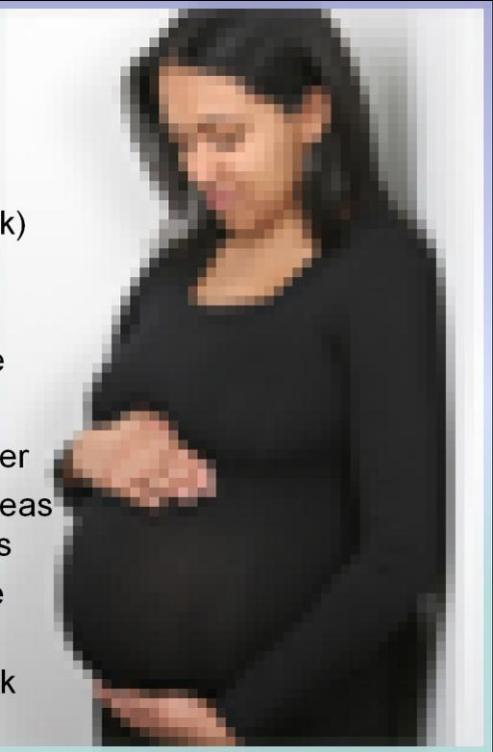
Quantities must be tailored and the amount of regular and medical foods must be based on medical need and how much participants can consume.

In essence, the CPAs must tailor the quantities of foods.

**Sample food package —
woman with hyperemesis**

➔ 18 6-Pack 8 oz cans or bottles of Ensure (No milk)

- 36 or less ounces cereal
- 3 11.5 or 12 oz frozen or 46-48 oz containers juice
- Dozen eggs
- 18 oz or less peanut butter
- 4 14-16 oz cans beans/peas OR 1 lb dried beans/peas
- 16 oz (1 lb) or less whole wheat/whole grain food
- Fruit and vegetable check



So, to give you an idea of food packages that can include both prescription – required products and regular WIC approved foods, here’s an example of a food package for Alicia. She was diagnosed with hyperemesis gravidarum, which is a severe form of morning sickness with unrelenting, excessive pregnancy-related nausea and vomiting that prevents adequate intake of foods and fluids. Notice this food package includes Ensure, a high calorie product, which is Prescription-Required, instead of milk.

If a mom can’t eat all these foods, the CPA will either delete them or recommend that she not purchase them.

Can you identify some foods here that come from the standard WIC food packages?

Sample food package — child with diagnosed allergies



- 8 cans Alimentum
- 36 or less ounces cereal
- 2 64 oz bottles juice
- 2 16 oz (1 lb) or less whole wheat/whole grain food
- Fruit and vegetable check



Here's an example of a food package for little Cassie who was diagnosed with allergies to milk protein, eggs and soy.

This food package includes Alimentum, which is Prescription-Required, instead of milk. This package also includes regular WIC approved foods for children. It was modified to exclude milk and eggs. The CPA will counsel her family on whole grain products that do not contain milk, eggs, and soy.

If she is also allergic to wheat, the CPA would recommend corn tortillas or brown rice, and cereals that do not contain wheat (for example Rice Krispies or Rice Chex). Or if she is also allergic to peanuts, the CPA would provide beans and peas instead of peanut butter.

Prescription-Required Review Questions

Question 1 of 6 Point Value: 10

Prescription-Required food packages are for people with documented medical conditions.

True

False



PROPERTIES

On passing, 'Finish' button:	Goes to Next Slide	
On failing, 'Finish' button:	Goes to Next Slide	
Allow user to leave quiz:	At any time	
User may view slides after quiz:	At any time	
User may attempt quiz:	2 times	

Now see what you remember.

True or False?

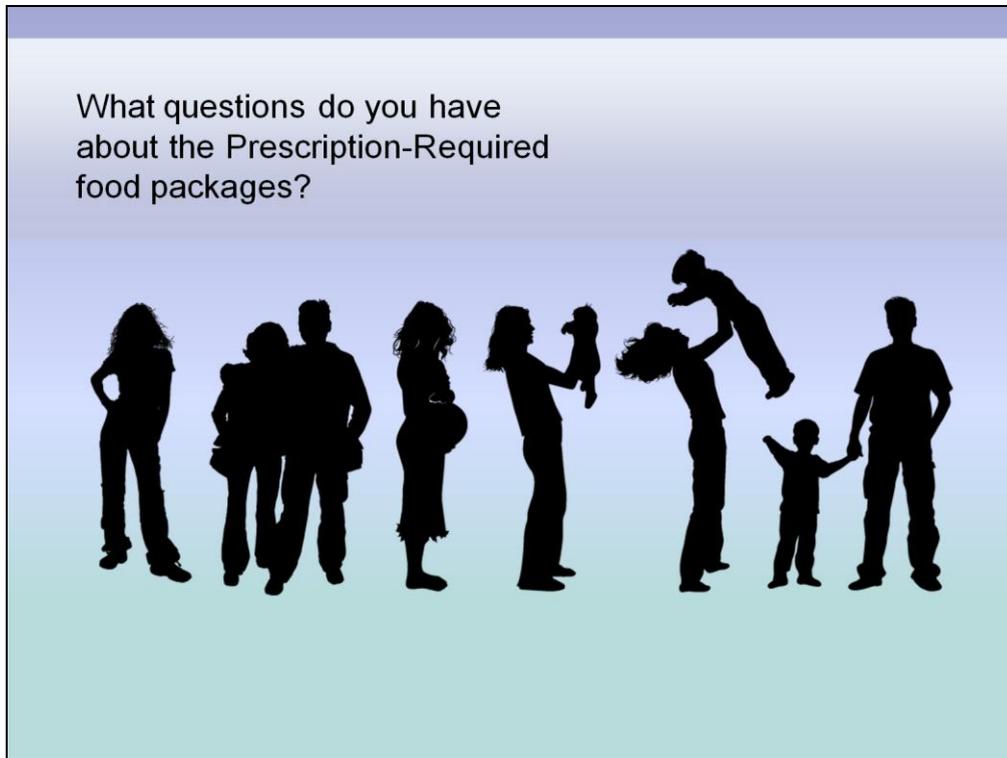
1. Prescription – Required food packages are for people with documented medical conditions.
2. The flu qualifies for a medical condition and can be considered for a Prescription – Required food package.
3. A medical care provider needs to document a WIC participant's medical condition in order for the participant to qualify for a Prescription – Required food package.
4. WIC participants can only get prescription forms from WIC.
5. The RD or CPA must review the prescription form to ensure the product recommended is appropriate for the medical condition.
6. Reference Sheet 2 contains only infant formula information.

Notes: Quiz activity in Articulate

Script: Now see what you remember.

Quiz Questions - True or False

- Prescription – Required food packages are for people with documented medical conditions. (T)
- The flu qualifies for a medical condition and can be considered for a Prescription – Required food package. (F)
- A medical care provider needs to document a WIC participant's medical condition in order for the participant to qualify for a Prescription – Required food package. (T)
- WIC participants can only get prescription forms from WIC. (F)
- The RD or CPA must review the prescription form to ensure the product recommended is appropriate for the medical condition. (T)
- Reference Sheet 2 contains only infant formula information. (F)



What questions do you have about the prescription required food packages?

Jot down any questions that you have about this topic, so you can discuss them with your supervisor.



Congratulations!

Wisconsin WIC Foods and Focus Orientation for WIC Staff

- Introduction to WIC
- WIC Certification
- Food Package Overview
- Breastfeeding Support
- Food List Specifics
- WIC Food Packages
- WIC Checks
- Prescription-Required Food Packages



Congratulations on completing the Wisconsin WIC Foods and Focus Online Orientation course.

We hope that all the information provided will assist you during your first weeks on the job.

To help you recall the journey you just took to learn about WIC, here is a summary of the modules.

Keep in mind that you can always go back and review.

Welcome to WIC!