

Complete your WIC Class Online!

Healthbites!

There are now updated nutrition education classes available online in English and Spanish. Healthbites includes videos, activities, and challenges to help you learn about good nutrition, healthy pregnancy, feeding your infant, breastfeeding support, exercising and more!

1. Go to **www.wvdhhr.org/wiclessons**
2. Click “New classes on Healthbites”
3. Click “Earn Credit for Nutrition Education” on the right
4. Log in with your family WIC ID *
5. Complete all of the tasks for lesson
6. Watch all of the videos for lesson
7. Score at least an 80% on the final quiz
8. After completing all the steps you must print and bring the certificate to your WIC clinic.



* Regardless of the beginning letter in your family WIC ID, the letter “A” must be used to login to Healthbites. For example: **H23456789** now becomes **A23456789**

All previous online WIC classes are still available

To access these classes:

1. Go to **www.wvdhhr.org/wiclessons**
2. Click on “Complete my WIC Class”
3. Click on the name of the class you would like to complete and follow the directions
4. After completing the class you must print and bring the certificate to your WIC clinic

