



WIC Checklist for Remote Appointments

For phone appointments

- Look for a text or a call one week before your remote appointment with the information you will need and the instructions for sending it to us.
- Upload the required information using the secure online [portal](#) at least 24 hours before your appointment.
 - Identity documents for all individuals applying for WIC:** such as valid driver's license, social security card, current work/school ID, or birth certificate. For infants: hospital crib card, ID bracelet, or mother's verification of facts.
 - Weight and length/height from a recent (up to 60 days) visit with a healthcare provider.** This data must be in writing from the provider, accessed in a patient portal like MyChart, or shared directly from your health record.
 - For women and children nine months and older, hemoglobin/hematocrit from a recent (up to 90 days) visit with a healthcare provider.** This data must be in writing from the provider, accessed in a patient portal like MyChart, or shared directly from your health record.
- If you have a morning appointment, we will call you between 8:00 a.m. and 12:00 p.m. on your appointment day. If you have an afternoon appointment, we will call you between 1:00 p.m. and 5:00 p.m. on your appointment day.
- Find a quiet space where you will not be interrupted.
- Be prepared to answer questions about your health, and your baby or your child's health and eating habits.
- Write down any questions you may have for your care team (eligibility caseworker, nutritionist, or breastfeeding peer counselor).