



**American Red Cross**  
San Diego and Imperial  
Counties



## Getting Started:

1. Visit [wichealth.org](http://wichealth.org)
2. Click on “Sign Up” to create your account
3. Set Up Your Account

**State:** California

**Agency:** American Red Cross

**Family ID:** Your Unique 9-digit Number

- On your WIC App (see next page)

**Username, password, security question:**

- Your username, password, and security question are case and space sensitive
- Save your answers for future reference

**Email:**

- Including an email is optional, but it is a great way to recover a lost password
- If you include an email, look out for their email asking you to click a link to verify your email

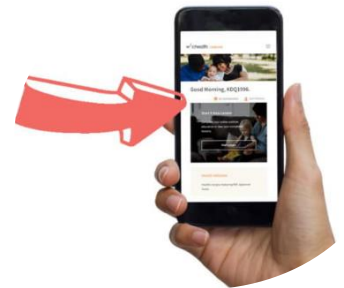
4. Click “Register”

5. Completing MY INFO and MY CHILDREN is optional – you can leave these blank

6. Click “Finish Profile”

7. Explore [wichealth.org](http://wichealth.org)

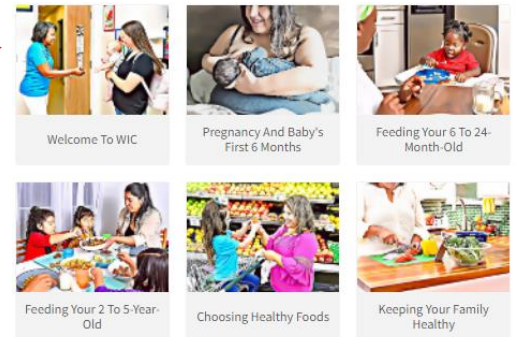
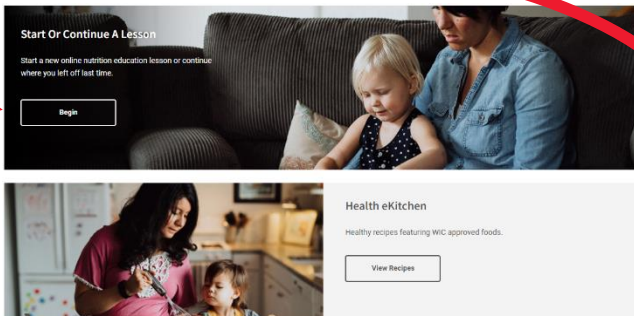
Start a lesson or visit the Health eKitchen for WIC recipes your kids will love!



## Starting a Lesson:

**You can take any lesson you are interested in!**

1. Log in to [www.wichealth.org](http://www.wichealth.org)
2. Click **Begin** on the Home Page
3. Click on one of the **Lesson Topics**
4. Click on **Start Lesson**



This institution is an equal opportunity provider. 07.2023

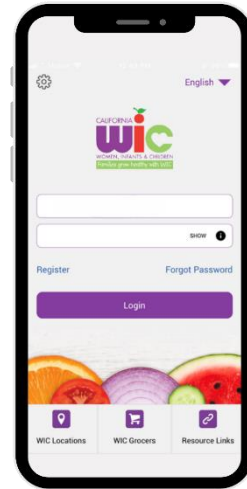


**American Red Cross**  
San Diego and Imperial  
Counties



## Finding Your Family ID:

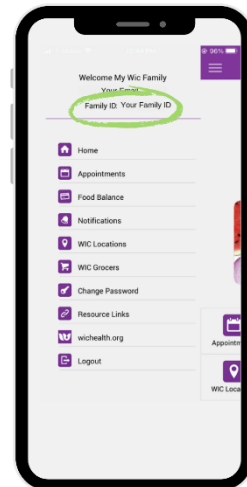
1. Open your **California WIC App** and log in



2. Click on the **three lines** in the top left corner



3. Your **Family ID** can be found near the top



This institution is an equal opportunity provider. 07.2023