

To find out about WIC,  
call 1-800-WIC-1007 or a program near you.

## HOW CAN I HELP MY PATIENTS RECEIVE WIC BENEFITS?

As a clinician, you strongly influence patients' decisions about their health. A WIC referral from you carries a lot of weight. To refer your patients to WIC:

- Mention WIC at every new patient visit.
- Put a WIC brochure in every new patient packet.
- Display WIC posters and brochures in your office in the language(s) your patients speak.
- Complete the Medical Referral Form (see below for ordering information).

## HOW DO I OBTAIN WIC MATERIALS, FORMS AND INFORMATION?

For WIC materials and forms or for more information, please call your local WIC program (see back cover) or 1-800-WIC-1007.

You can also download many of WIC's forms for your patients including the Medical Referral Form and the Request for Special Formula Form on our website at [www.mass.gov/wic](http://www.mass.gov/wic).

Many WIC materials are available in multiple languages.

Boston area	
Blue Hill Corridor	(617) 822-5584
Brighton/Roslindale	(617) 789-2439
Cambridge/Somerville	(617) 666-5059
Chelsea/Revere	(617) 887-4340
Dorchester North	(617) 825-8994
Dorchester South	(617) 825-0805
East Boston	(617) 568-6400 x0
Jamaica Plain	(617) 522-4700 x6253
Roxbury	(617) 989-3055
South Boston	(617) 464-5850
South Cove	(617) 521-6777
South End	(617) 425-2070
Cape	
Cape Cod	(800) 942-2445
Outer Cape	(800) 675-1188
Plymouth	(508) 747-4933
Central	
Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272 x1
South Central	(508) 765-0139
Worcester	(508) 860-7744
Northeast	
Lawrence	(978) 681-4960
Lowell	(978) 454-6397
Lynn	(781) 599-7290
Malden/Everett	(781) 338-7578
Northern Essex	(978) 374-2191
Southeast	
Brockton	(508) 588-8241
Fall River	(508) 679-9349
New Bedford	(508) 997-1500
Quincy	(617) 376-4190
Taunton/Attleboro	(508) 823-6346
Western	
Berkshire North	(413) 445-9429
Berkshire South	(413) 528-0457
Franklin/No. Quabbin	(413) 376-1160
Hampshire County	(413) 584-3591
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 693-1029

WIC Nutrition Program • 1-800-WIC-1007  
Nutrition Division • MA Department of Public Health • TDD/TTY: 617-624-5992

The USDA is an equal opportunity provider and employer.

# Clinicians and WIC



  
GOOD FOOD  
and  
A WHOLE LOT MORE

## WHAT IS WIC?

WIC is a health and nutrition program that can benefit many of your patients. WIC provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

## WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women and kids under age 5 healthy. To do this, WIC provides:

- Personalized nutrition consultations
- Checks for free, healthy food
- Immunization screening and referrals
- Breastfeeding support
- Referrals for medical and dental care, health insurance, child care, housing, fuel assistance, and more

## WHO IS WIC FOR?

- Pregnant women
- Breastfeeding women, up to one year postpartum
- Non-breastfeeding women, up to six months postpartum
- Children under age 5

## ARE MY WORKING PATIENTS ELIGIBLE FOR WIC?

Very possibly! Many people who could benefit from WIC services are not yet enrolled because they do not realize that they are eligible—

especially working families. For example: a family of four with an income level just over \$34,000 annually would be eligible.

Families who currently receive TAFDC, Food Stamps or MassHealth (Medicaid) are automatically income eligible. Foster kids under age 5 are also eligible for WIC.

## HOW CAN WIC AND HEALTH CARE PROVIDERS WORK TOGETHER?

Clinicians play a key role in WIC. The medical information you provide helps identify nutrition services and information your patients need.

Local WIC nutritionists are pleased to collaborate on patient care and to reinforce and follow up on your recommendations. You may also request a copy of your patient's nutrition assessments by checking the box on the Medical Referral Form.

## WHAT BLOODWORK DOES WIC NEED?

To help determine nutrition needs, WIC requests that clinicians provide results for certain routine tests. For your WIC patients, bloodwork requirements are:

- Pregnant women - as early as possible in the current pregnancy
- Postpartum women - once during the postpartum period, ideally within 6 weeks after delivery
- Infants - between 9 and 13 months

- Children - between 15 and 18 months and thereafter, every 12 months if blood values are normal, every 6 months if values are low

These requirements follow the CDC recommended schedule for preventing and controlling iron-deficiency anemia in high-risk populations.

## DOES WIC PROVIDE FORMULA?

WIC endorses breastfeeding as the optimal way to feed most infants, unless contraindicated for medical reasons. If infants receive formula, WIC follows the American Academy of Pediatrics recommendation to provide iron-fortified formula. WIC's standard contract formulas are Enfamil with Iron and Prosobee.

If you have a patient that needs a metabolic formula, consult with a local program nutritionist for the list of available formulas and to complete the Request for Special Formula Form to document the medical diagnosis.



  
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