Wichealth.org Academy Online Training – July 2023

Wichealth Academy is an online training designed to help staff learn how to use, promote and integrate wichealth.org into your daily clinic workflow. This training can be found on the wichealth.org support site. https://www.wichealth.org/support You will need a staff account to complete the training. **To obtain a staff account with wichealth.org, you will need to email: help@wichealth.org with your first and last name, email address, state, agency and clinic.** Once your request has been approved, they will send you an invitation to create your account and then you can start the training. You can start, stop, and come back to any lesson and/or course within the training at any time, you don't have to complete an entire course or the whole academy in one session.

WIC staff shall complete all of the lessons within each course according to their staff role (as listed below) within the first three months of employment. All staff shall then login in as a client and complete three wichealth.org lessons of their choosing on an annual basis thereafter. Completion of these lessons should be recorded on your Training and Education Record (300.10a).

Some of the Academy lessons have a training guide and/or supplementary materials for downloading below the lesson, also listed in the table below. We encourage you to take a look at those materials but completing them in addition to viewing the courses is not a requirement.

After the completion of each required course, a certificate will be available to print, you are not required to print the certificate but can if you choose. You must update this form with the date each lesson was done and upon completion of all required courses, have your supervisor sign it and add it to your training record.

Course Title and Description	Course Length Number of Lessons and Lesson Titles	Required Course for who? (Yes or No)	Supplementary Materials Available	Date lesson completed
Course 1: Welcome to wichealth Academy This lesson provides an overview of the wichealth.org Academy.	4 minutes, 1 lesson 1. Welcome to wichealth Academy	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** Yes **CPAs-** Yes **Non- CPA Professionals-** Yes	Academy Training Guide	
Course 2: The Who, What and Why of wichealth.org This lesson will provide background on wichealth.org and how it came to be what it is today.	17 minutes, 3 lessons 1. The Who – wichealth.org Through the Years 2. The What – The Numbers Say It All 3. The Why – Healthy Change in the Lives of WIC Clients	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** Yes **CPAs-** Yes **Non- CPA Professionals** – Yes	Training Guide- The What Training Guide- Our Why Academy- Western Region WIC Participant Survey & Focus Group Report	

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Course 3: Theories and Models – The Science Behind wichealth.org This lesson provides information on the theories and models used to develop wicheatlh.org.	23 minutes, 7 lessons 1. What is Behavior Based Education? 2. Transtheoretical Model 3. Theory of Planned Behavior 4. Motivational Interviewing 5. Participant Centered Education 6. The List Continues 7. eHealth Behavior Management Model	**Coordinators, Health Professional lead staff-** Yes **Support Staff lead staff-** No **Support Staff-** No **CPAs-** Yes **Non- CPA Professionals** Yes	Ehealth Behavior Model 1.0 Ehealth Behavior Model 2.0 Training Guide- Transtheoretical Model Transtheoretical Model Intent to Change Graphic Theory of Planned Behavior Participant Centered Education Participant Centered Education in a virtual environment Com-B and BMAT Model Division of Responsibility Model Emotion Based Messaging Model Health Belief Model Persuasive Communication Model	

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			Ehealth Behavior Model 1.0 vs. 2.0	
Course 4: Nutrition Education – The Heart of wichealth.org This lesson provides information on how lessons are developed and key features.	14 minutes, 2 lessons 1. Lessons in the Making 2. Our Key Ingredients	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** Yes **CPA**s- Yes **Non- CPA Professionals** Yes	No Supplementary Materials	
Course 5: Let's Take a Tour This lesson shows the components of wichealth.org through a virtual tour.	23 minutes, 6 lessons 1. Creating a Client Account 2. Password Retrieval 3. The Dashboard 4. Health eKitchen 5. Completing a Lesson 6. The Secrets Behind wichealth	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** Yes **CPA**s- Yes **Non- CPA Professionals** Yes	No Supplementary Materials	
Course 6: wichealth.org in Your Agency This lesson provides information on how to begin using wichealth.org in your organization.	19 minutes, 4 lessons 1. Hitting a Homerun with wichealth.org – The Success Plan 2. Building a Promotional Tool Box	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** No **CPA**s- No	Training Guide- The Success Plan Training Guide- Building a Promotional Tool Box	

Course Title and Description	Course Length Number of Lessons and Lesson Titles	Required Course for who? (Yes or No)	Supplementary Materials Available	Date lesson completed
	3. Designing a Developed Workflow from a Blank Canvas 4. Navigating Change – Experience from the Front Lines	**Non- CPA Professionals** No	Training Guide- Designing a Developed Workflow from a Blank Canvas Opportunity for All? Technology and Learning in Lower-Income Families Training Guide- Navigating Change	
Course 7: Exploring wichealthsupport This lesson shows key features of the wichealth.org support site designed for WIC staff.	4 minutes, 1 lesson 1. Exploring wichealthsupport	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** Yes **CPA**s- Yes **Non- CPA Professionals** Yes	Training Guide- Exploring wichealthsupport	
Course 8: Never Fear, the Help Desk is Here! This lesson provides information on how to help your participants through the wichealth.org Help Desk.	6 minutes, 2 lessons 1. Introducing the Help Desk 2. Get the FAQ – Your Questions Answered	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff-** Yes **CPA**s- Yes **Non- CPA Professionals** Yes	Training Guide- Never Fear, The Help Desk is Here!	

Course 9: Congratulations! You're on Your Way! This lesson reviews the three critical factors to successful wichealth.org implementation.	4 minutes, 1 lesson Congratulations! You're on Your Way!	**Coordinators, Support Staff and Health Professional lead staff-** Yes **Support Staff**- Yes **CPA**s- Yes **Non- CPA Professionals** Yes	No Supplementary Materials	

Now that you have completed WICHealth Academy there are two more things to do and you will be up to speed!

Assignment 1: Review the following Iowa WIC Certification Policies found in the Nutrition Services section related to online nutrition education:

1. Nutrition Education
2. Nutrition Education Contacts

> *Note: A promotional flyer titled "Do your Nutrition Ed Online: wichealth.org can be ordered from the ISU Distribution and/or found here:*
> *https://hhs.iowa.gov/wic/education-materials*

Date Completed: _____

Assignment 2: Discuss with your coordinator and/or staff about how wichealth.org is utilized at your agency.

Date Completed: _____

Supervisor Signature: _____