

Preparing for Your WIC Appointment

Welcome to WIC! We are excited you are here. Please complete the following steps before your appointment. It's as easy as 1—2—3.

1. Gather the requested documents and take photos.

- See examples of what to send on the next page.

2. Submit the photos of requested documents.

- Instructions on how to send your documents via secure text can be found [here](#)

3. Watch the “Welcome to WIC” videos to learn how to shop with the WIC Card.

- To watch click [here](#) and select “play all”.

If you have questions about your WIC appointment:

- Call us at **(949) 488 - 7688**
- Text us at **1 (888) 414 - 1712**

Tip: save our numbers to your phone so you know it is WIC contacting you.



Document Type	Examples of What to Send	
Identification (For each person enrolling and the family representative)	• Driver's license • Other photo ID • Birth certificate • Medi-cal card	• Crib card • Custody papers • Hospital discharge papers • WIC referral form (pink)
Proof of Household Income	<u>Medi-Cal card</u> • For each family member enrolling in WIC Or <u>All income for the household for the past 30 days</u> • Pay Stubs • Unemployment statement • Any other forms of income for the household	
Proof of Address	• Any bill • Other mail you have received with name • Photo ID with current address	
Proof of pregnancy (If enrolling as pregnant)	• Ultrasound with date and name of patient • Positive pregnancy note from healthcare provider • Medical records	
Growth Measurements	<u>Weight and height measurements</u> • From doctors' office within last 60 days • Can be completed at the WIC office	
Blood Work (For individuals 9 months and older)	<u>Hemoglobin or hematocrit screening</u> • From the doctor's office within last 90 days • Can be completed at the WIC office	