

Health Requirements

Healthcare Providers Play a Key Role

Healthcare providers play an important role in the WIC certification process. WIC nutritionists use information received from healthcare providers to complete the nutrition assessment. The most effective and efficient way of doing this is by completely recording all pertinent information on the [NH Health Assessment Form.xls](#) or a simplified WIC form [Medical Document for Anthros and Bloodwork](#) and then giving the form to the participant or faxing the form to the WIC office (Fax: 603-271-4779).

What Health Information does WIC Require?

The WIC Nutrition Program requires a nutrition and health assessment with each certification. Height (2 years+) or length (0-24 months) and weight must be collected and documented in the participant's/applicant's record at the time of certification. A recent hemoglobin/hematocrit value is also required for each participant/applicant based on their category and age, for infants and children. Bloodwork may be deferred for participants/applicants for up to 90 days. This allows the participant to retrieve recent bloodwork from their doctor or schedule an appointment to have the bloodwork completed outside of the WIC program. All WIC participants/applicants have the option of having a fingerstick done at the WIC office for collecting their hemoglobin value.

WIC follows the CDC guidelines for collecting hematological data. (<http://www.cdc.gov/mmwr/preview/mmwrhtml/00051880.htm>).

Height, weight and bloodwork data may be accepted from a healthcare provider office via a [NH Health Assessment Form.xls](#) or a simplified WIC form [Medical Document for Anthros and Bloodwork](#) as a signed document from a healthcare provider on letterhead, as a Rx with a HCP signature, on an online health portal, or on a hospital discharge form. Additional nutrition and health information provided by the healthcare provider may be used for the certification. Immunization records are screened and referrals are provided as needed to infants and children under 2 years old at certification.

The WIC Program encourages healthcare providers to collaborate with local WIC agencies to share measurements and hematology data with parent permission.

Visit our website at [Women, Infants & Children Nutrition Program | New Hampshire Department of Health and Human Services \(nh.gov\)](#)

This institution is an equal opportunity provider.

Anthropometric Measurements

- Needed for all participants.
- Must be within 60 days of the WIC certification date.
- Must include weight and height or length.
- Must be reflective of the participant's category (ie: pregnant woman must have measurements from current pregnancy, postpartum woman must have measurements post delivery).
- Verbal measurements are not accepted from the participant for certification.

Bloodwork Requirements

Category	Blood work
Pregnant Women	During current pregnancy
Postpartum and Breastfeeding Women	After delivery (4-6 weeks post-delivery recommended)
Infants*	Between 9-12 months
Children * 1-2 years	Between 1-2 years of age (15-18 months recommended)
Children 2-5 years	Annually between the ages of 2-5 years old, pending normal values.

* One measurement at 12 months of age cannot be used for both the infant and the child bloodwork requirement.