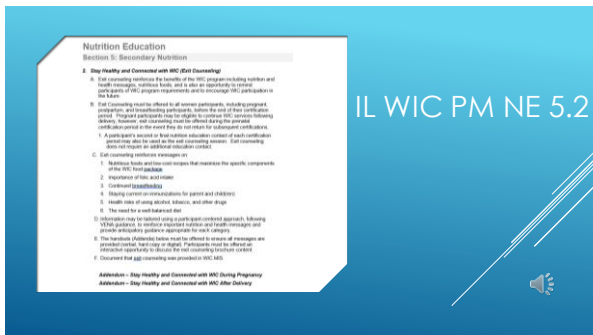




1



2



3



4

- ▶ Exit counseling must be offered to all women participants before the end of their certification period.
- ▶ Although pregnant women may be eligible to recertify after delivery, exit counseling must be offered during the prenatal certification period in the event they do not return for subsequent certifications.
- ▶ A participant's second or final nutrition education contact may be used as the exit counseling session.

WHEN TO OFFER EXIT COUNSELING

5

EXIT COUNSELING REINFORCES MESSAGES ON

- Nutritious foods and low-cost recipes that maximize the specific components of the WIC food package
- Importance of folic acid intake
- Continued breastfeeding
- Staying current on immunizations
- Health risks of using alcohol, tobacco, and drugs
- The need for a well-balanced diet

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INCORPORATING EXIT COUNSELING

VENA

WIC nutrition + health messages

Exit Counseling

7

Secondary 2 Exit Counseling Guidance by PCN/PHEM Categories

Internet/WIChealth education

1. After issuing participant's WIC health certificate, the participant must be contacted by a DPA.
2. Before calling the participant, review the REF course in WIC for the WIC health lesson topic. Be sure participant is notified in any goals identified by the participant in the WIC health lesson. Also review the certification unit code for any previous education provided and goal(s) identified. This will help tailor the exit counseling session to the participant's needs.
3. Call the participant. The following sample script may be used upon reaching the participant by phone.

“Hi _____, thank you for completing your nutrition education lesson online! WIC health and nutrition staff are happy to provide support for you and will be following your journey to help you reach your goals. How do you feel about the program so far?”

- ▶ Online ed/WIChealth
- ▶ Individual ed (in-person, telephone, HR F/U)
- ▶ Group ed
- ▶ Self-study module (SSM)

SECONDARY ED – EXIT COUNSELING

8

