

WIC FAQs

What to Bring to Your WIC Appointment

- Everyone who will be enrolling into the WIC Program
- Identification for adults (Driver's License, Photo ID)
- Child's Identification (Shot Record, Birth Certificate, Crib Card or Hospital ID)
- Proof of Income (30 days of recent paystubs, AHCCCS Letter, SNAP Letter)
- Proof of Address (Mail or bill, Driver's License, Mortgage/Rent Receipt)

What does WIC provide?

- Nutrition education
- Breastfeeding support
- Nutrition experts who specialize in nutrition for mothers and their children
- Information on nutrition and weight gain during pregnancy
- Tips for feeding infants and children to create healthy habits for a lifetime
- Referrals to health care and other community resources
- Healthy foods

Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women, until the infant's first birthday
- Women whose pregnancy ended less than six months ago

How do I apply?

Contact your local WIC clinic to make an appointment:

Springerville: 928-333-2415

St. Johns: 928-337-7978

ASHLINE - Our Smokers' Helpline

Who can call the helpline?

ASHLine takes calls from anyone who wants to quit tobacco. When you call in, we start the process of matching you with a Quit Coach. Our Quit Coaching is customized to each person individually so any special circumstances that might affect your ability to quit are taken into account. We also offer programs for women who are pregnant and those who use chewing tobacco.

How did it start?

Every state in the US is required to provide tobacco quitting helpline services, and ASHLine provides those services in Arizona. Tobacco quitlines have helped reduce tobacco use for decades by providing quick, convenient and effective services.

What is the confidentiality policy?

ASHLine and the University of Arizona take privacy very seriously. All of the information we collect is used only for reporting, evaluation and advancing the evidence for smoking cessation.

Call 1-800-55-66-222 to get started

Healthy Living Workshops**What is a Health Living Workshop?**

A highly interactive 6-session, 2.5 hour peer-led health education workshop that utilizes the evidence-based Chronic Disease Self-Management Program (CDSMP) curriculum developed and tested at Stanford University.

Who should attend a Healthy Living Workshop?

The Living Healthy workshop is for anyone dealing with a chronic or ongoing health condition and their caregivers who want to learn how to self-manage and take control in dealing with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.