



Healthcare Provider Guide

Louisiana Women, Infants, and Children (WIC)
Special Supplemental Nutrition Program





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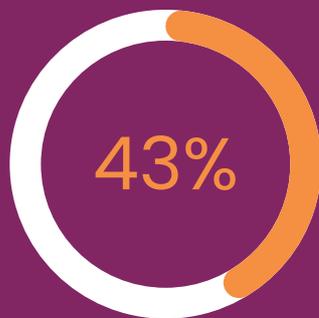
What is WIC?



The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a public health nutrition program funded by United States Department of Agriculture (USDA) and administered by the Louisiana Department of Health, Office of Public Health, Bureau of Nutrition Services. WIC provides supplemental nutritious food, breastfeeding support, nutrition education and healthcare and social service referrals to eligible pregnant or post-partum women, infants, and children up to age 5.



According to the National WIC Association, the WIC Program serves about



of all infants born in the US, and



of all children ages 1-4.

WIC Services

The Louisiana WIC program serves as an adjunct and gateway to the following coordinated health initiatives and services:

Supplemental Healthy Food

See pg. 4 for WIC eligible foods

Breastfeeding Promotion and Support

- WIC Breastfeeding Peer Counselors or Designated Breastfeeding Experts
- Free access to the Pacify Breastfeeding smartphone app that offers 24/7 breastfeeding support

Nutrition Education

- Nutrition and health screening
- General and individualized nutrition education
- Online nutrition education wichealth.org
- Group education in select clinics

Referrals

- Breastfeeding Peer Counselors or IBCLCs (International Board Certified Lactation Consultants)
- Immunizations
- High risk nutrition assessment and counseling with a Registered Dietitian Nutritionist
- Substance Abuse and Domestic Violence
- Medical Providers

Eligibility Requirements

1. Category Eligibility

- Pregnant women
- Breastfeeding women up to one year and non-breastfeeding postpartum women up to 6 months after delivery
- Infants and children up to 5 years, including children in foster care.

2. Residency Eligibility

- Participants must reside in Louisiana*

*WIC does not require proof of citizenship or alien status

3. Income Eligibility

- Participants who receive Louisiana Medicaid, SNAP or TANF are adjunctively income eligible.
- Families with low to moderate income (living at or below 185% of Federal Poverty Level). Income guidelines are based on family size.

4. Nutrition Risk Eligibility

Two major types of nutrition risk are recognized for WIC eligibility:

- **Medically-based risks** such as anemia, underweight, history of pregnancy complications, or poor pregnancy outcomes
- **Dietary risks** such as inappropriate nutrition/feeding practices or failure to meet the current Dietary Guidelines for Americans

“ I love the program and I'm very grateful for it. With this pregnancy it helps to feed not just me but my daughter as well.

- WIC participant ”



WIC Eligible Food

WIC provides monthly supplemental healthy food choices to help participants meet the Dietary Guidelines for Americans and the Healthy People 2030 Objectives. Food packages are tailored and will vary based on participant category, age and special considerations. Foods provided by WIC are detailed in the [Louisiana WIC Program Guide](#).



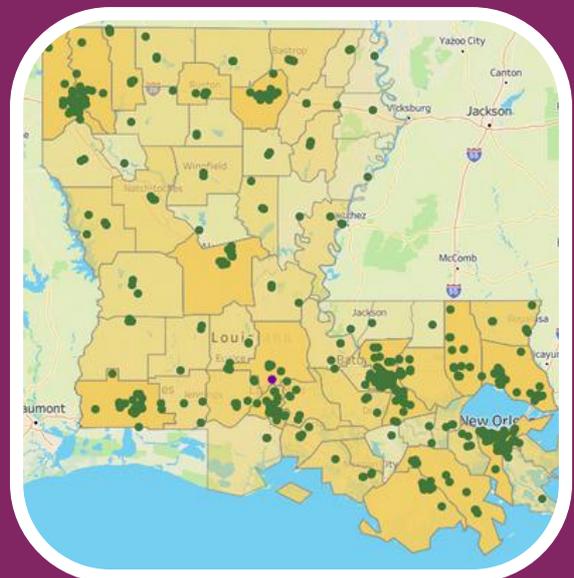
Food packages may include:

- Fruits and vegetables
- Whole grains (bread, tortillas, pasta, rice)
- Dairy
 - Cheese
 - Yogurt
 - Milk (cow, soy and lactose free milk available)
- Eggs
- Canned and dried beans/peas
- 100% juice
- Cereal (hot/cold)
- Peanut butter
- Canned fish
- Infant food (fruits, vegetables, meats, cereal)
- Infant formula
- Children nutritionals

WIC Locations

Louisiana WIC has over 100 clinics throughout the state. WIC has developed multiple tools for participants to search for clinic locations, contact information, hours of operation and directions to clinics. The following can help participants find a clinic close to them:

1. Visiting [WIC Locations - WIC Louisiana](#) (louisianawic.org)
2. Calling 1-800-251-BABY (2229)
3. Visiting the myWIC app (for certified WIC participants only).



Breastfeeding Support

There is no better food for a baby's first year than breast milk, and breastfeeding is highly encouraged as the preferred and optimal method of feeding for infants. Louisiana WIC offers breastfeeding promotion and support to all prenatal women and breastfeeding mothers. Our new Pacify app is FREE to eligible participants and offers on-demand breastfeeding support and video visits 24/7 with breastfeeding experts and is available in English and Spanish.



WIC Formulas

The Louisiana WIC Program may provide standard and exempt infant formulas. All formula provided by WIC must meet the minimum federal regulatory requirements. These requirements specify the maximum monthly allowances, and the nutrition content requirements for all WIC-eligible formulas.

Standard Contract Formulas

The Louisiana WIC Program's current formula contract is with Abbott and provides the following standard 20 kcal/fl. oz. complete iron-fortified formula for healthy infants during the first year of life:

Similac Formula	Powder	Concentrate	RTF*	Milk/ Soy Based
Advanced	✓	✓	✓ *	Milk
Total Comfort	✓			Milk
Sensitive	✓		✓ *	Milk
360 Total Care			✓ *	Milk
360 Total Care Sensitive			✓ *	Milk
Soy Isomil	✓	✓	✓ *	Soy

*Justification for RTF must be met



Exempt Formulas

An exempt formula is any formula that does not meet the criteria for standard formula. An exempt formula may be authorized when a physician diagnoses a participant with one or more qualifying medical conditions that contraindicates the use of a standard formula.



The Louisiana WIC Approved Formula and Eligible Nutritionals can be found [here](#). The formulary contains the standard and exempt formulas and nutritionals available through the WIC program. Prescriptions for non-standard formulas are subject to WIC approval and provision based on Louisiana WIC Program policy and procedure.

The use of **Standard** Ready-To-Feed Formula (RTF) Formulas may be approved only when one or more of the following is indicated and documented:

- Unsanitary/restricted water supply
- Poor refrigeration
- The participant's caregiver is cognitively or physically unable to correctly dilute concentrated liquid or powered formula

The use of **Exempt** RTF formulas may be approved when any of the above criteria or the following are indicated or documented:

- Better accommodates the participant's condition
- Improves the participant's compliance in consuming the prescribed formula



WIC Nutritionals

Eligible Nutritionals are specifically formulated to provide nutritional support for children with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. Such WIC-Eligible Nutritionals must serve the purpose of a food, meal or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme.

Qualifying Medical Conditions Include (but are not limited to):

- Premature birth
- Low Birth Weight
- Failure to Thrive
- Inborn Errors of Metabolism
- Metabolic Disorders
- Gastrointestinal Disorders
- Mal-absorption Syndromes
- Immune System Disorders
- Severe Food Allergies that require an elemental formula
- Life Threatening Disorders, Diseases, and Medical Conditions that Impair Digestion, Absorption or the Utilization of Nutrients that could adversely affect the participant's nutrition status

Exempt infant formula or WIC-eligible nutritionals are contraindicated and are **not approved** for the following conditions:

- Poor appetite, picky eater, or poor weight gain,
- Non-specific formula intolerance or food intolerance,
- Lactose or sucrose intolerance,
- Milk or soy protein allergy/intolerance,
- Constipation or diarrhea,
- Unconfirmed allergies
- Gassiness or colic.

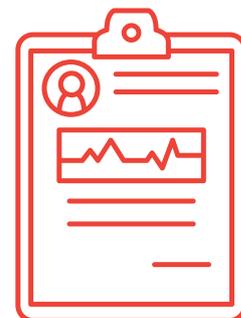
Medical Documentation

The medical provider with prescriptive authority must provide a valid prescription or a completed WIC-48 in writing prior to issuance of an exempt formula or eligible nutritional. The Louisiana WIC-48 can be found [here](#).

A completed WIC-48 or medical documentation is also required for requests to discontinue or change a participant from an exempt formula or nutritional to another formula or nutritional, including a change to a standard formula. The original, facsimile or electronically submitted document on a WIC-48 or equivalent, discharge summary, or a prescription is required. Telephone orders or verbal orders are unacceptable.

The prescription or WIC-48 must:

- Be dated within the past 60 days
- Be signed by a physician or a licensed healthcare professional authorized to write medical prescriptions under State law.
- Identify the exempt formula, or eligible nutritional(s) requested
- List all contraindicated supplemental foods
- Identify the qualifying medical condition(s) that support the need for Exempt Formula or WIC-eligible nutritional(s)
- Include contact information of the healthcare provider
- State the length of time the prescribed WIC formula and/or supplemental food is required by the participant



A WIC-48 is required prior to any change in the diet order of WIC participants who are currently receiving prescription food benefits. A new prescription and approval is required every 6 months.

Connecting Families to WIC

There are multiple ways a family can get connected with the Louisiana WIC Program!

Providing Outreach Brochures

Ask your local WIC office about having our Outreach Brochures displayed at your office or clinic!



Visiting our Website

Eligible participants can begin their WIC application process, receive additional information, and more at our website:

www.LouisianaWIC.org

Calling our Toll-Free Line

Eligible participants can also call our Toll-Free Baby Line at

1 - 800- 251- BABY (2229)

Using the New myWIC App



With myWIC, participants can scan items to find out if they are WIC approved, manage appointments, keep track of benefits, upload documents, and more!

For all resources listed in this guide, please visit our website:
LouisianaWIC.org/community/

