

Get extra resources to *support your family*

As your guide to better health, Buckeye Health Plan helps families find resources to combat food insecurity and support good nutrition. Buckeye makes referrals to WIC, the Special Supplemental Nutrition Program for Women, Infants and Children for eligible families.



WIC helps families thrive

The program provides:

- Nutrition education
- Breastfeeding education and support
- Healthy food and infant formula
- Referrals to prenatal and pediatric healthcare
- Other maternal and child health and human service programs

WIC also helps you:

- Try new foods and recipes
- Learn about your family's diet needs
- Follow your children's growth
- Feel good during your pregnancy
- Grow a healthy baby
- Strive for an active lifestyle
- Be successful with your breastfeeding goals
- Make the best feeding decisions for you and your family



Sign up for WIC at the nearest WIC clinic or by calling the Help Me Grow hotline at **1-800-755-GROW** (1-800-755-4769)



Do you qualify for WIC?

WIC is for pregnant and breastfeeding women, women who recently had a baby, infants (birth through 12 months) and children (ages 1 to 5 years), who:

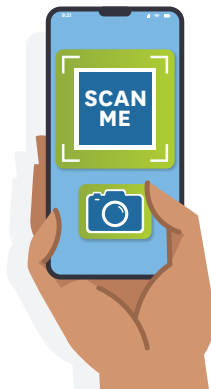
- Provide proof of identity
- Reside in the State of Ohio
- Are determined by health professionals to be at medical/nutritional risk
- Meet income criteria—185% of Federal Poverty Income Guidelines



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**SCAN TO
LEARN MORE!**



Contact Us

We can help if you have questions about your health plan or benefits.

Call Member Services with questions related to your benefits, services and claims: 1-866-246-4358 (TTY:711)

Call our 24/7 nurse advice line for answers to your health questions: 1-866-246-4358 (TTY:711)

Get detailed information at BuckeyeHealthPlan.com



Get health tips and information on Twitter and Facebook

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t twitter.com/Buckeye_Health

