

Women, Infants, and Children Overseas Program

*A quick
reference guide*



Please provide feedback on this brochure at
www.tricare.mil/evaluations/feedback.



An Important Note About TRICARE Program Changes

At the time of printing, the information in this brochure is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. For the most recent information, contact your regional contractor or TRICARE Service Center.

The Women, Infants, and Children Overseas Program

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas nutrition program to eligible participants overseas. WIC Overseas provides you and your family with several important benefits:

- *Nutritious food that contributes to a healthier diet*
- *Tips on how to prepare a balanced meal*
- *Nutrition and health screenings*
- *Access to other resources that help you and your family lead healthier lives*

WIC Overseas participants eat more nutritious food and have reduced rates of iron deficiency anemia. Research shows that better eating habits help children become better students. WIC Overseas is available to eligible mothers and mothers-to-be, and children who are part of the DoD family overseas.

Eligibility

The WIC Overseas program is available to qualifying members of the uniformed services, civilian employees, DoD contractors living overseas, and their family members. WIC Overseas counselors determine eligibility for the program. They'll consider income and family size, as well as certain other criteria.

Once you or a family member is certified by a WIC Overseas counselor, you or the family member can enroll in the program. Your WIC Overseas counselor will determine how long you can participate in the program.

Those who may be eligible:

Who	When
Mothers-to-be ¹	During pregnancy
Mothers who bottle-feed	Until infant is 6 months old
Mothers who breast-feed	Until infant's 1st birthday
Children ²	Up to age 5

1. Mothers-to-be are eligible during pregnancy and through the first six weeks post-partum. At that point they must reapply under either the "Mothers who bottle-feed" or "Mothers who breast-feed" category.

2. Children are covered until the end of the month in which they turn five.

Note: If you are enrolled in the WIC stateside program, you can continue participation in the overseas program without recertifying. Once you have transferred overseas, call your local WIC Overseas office and make arrangements to participate in the WIC Overseas Program. Your participation will continue uninterrupted for the rest of your certification period.

Locate the nearest WIC Overseas office by contacting your base or installation information operator or by visiting the TRICARE Web site at www.tricare.mil.

How It Works

The WIC Overseas program is designed to supplement the food you regularly buy with additional nutritional food items. Once you are a program participant, your nutrition counselor will customize your food package to fit your family's needs and lifestyle. Program staff will provide ideas for meal planning, food preparation, and recipes that are nutritious, delicious, and easy to prepare. Your counselor will give you an approved food list and redeemable food coupons called "drafts," which you exchange for specific foods and quantities in commissaries and NEXMARTs overseas. (Drafts are accepted only at these overseas stores.)

The following food items are generally available through the WIC Overseas program:

- Canned tuna
- Cheese
- Dried beans or peas
- Eggs
- Iron-fortified infant formula and infant cereal
- Iron-fortified adult cereal
- Milk
- Peanut butter
- Vitamin A-rich vegetables
- Vitamin C-rich fruit and/or vegetable juice

In addition to nutritious food and meal planning, WIC Overseas provides nutritional screening and testing for your children. These screenings may identify medical conditions early so that you can seek proper medical advice for your child.

Key Points to Remember:

❑ No Extra Fees to Use WIC Overseas

You pay no enrollment fees, and your food drafts cost you nothing. The WIC Overseas program is a DoD benefit available to those who qualify.

❑ Remember ... No Substitutions

You can't substitute food items if the commissary or NEXMART doesn't have the item listed on your draft. Keep your draft to use when the item is in stock. Just be aware of the expiration date on the draft.

❑ Can't Go Shopping? Not a Problem

You may have someone else, a "proxy," shop for you. You must formally register your proxy with your WIC Overseas office first. Ask your WIC Overseas counselor for the appropriate paperwork.



For Information and Assistance

TRICARE North Region

Health Net Federal Services, Inc.
1-877-TRICARE (1-877-874-2273)
www.healthnetfederalservices.com

TRICARE South Region

Humana Military Healthcare Services, Inc.
1-800-444-5445
www.humana-military.com

TRICARE West Region

TriWest Healthcare Alliance Corp.
1-888-TRIWEST (1-888-874-9378)
www.triwest.com

TRICARE Overseas

(TRICARE Europe, TRICARE Latin America,
and TRICARE Pacific)
1-888-777-8343

WIC Overseas Program

www.tricare.mil

TRICARE Web Site

www.tricare.mil