



ADOPTING WHOLE HEALTH

The Department of Veterans Affairs (VA) Whole Health approach empowers, equips, and treats you so you can take charge of your health and well-being and live your life to the fullest.

Veterans practicing Whole Health are reporting better communication with providers and more positive health care experiences.

How is Whole Health CHANGING THE VA EXPERIENCE?



Slowing Down and Listening

What matters most to you? On the pathway to Whole Health this is **THE** question. Knowing your priorities helps providers understand what makes you feel well. As you start on your Whole Health journey, you may work with a Whole Health Coach who will help you complete your Personal Health Inventory and identify self-care that fits with your health and well-being priorities. Whole Health Coaches are often Veterans themselves and will work in partnership with you as you think about your health in a new way.



Focusing on Wellness, not Illness

Whole Health puts you in control of your care. You don't have to wait until something is wrong to focus on your well-being. Just ask Patty. After 28 years in the Air National Guard, Patty describes transitioning to civilian life and starting a new job at a VA medical center as "a little scary" and "anxiety provoking." Then she learned about Whole Health. Even though she wasn't experiencing any big health issues, she attended a Whole Health peer-led group. During a follow-up call, a Whole Health Coach strongly encouraged her to meet with a provider. "I thought well, I'm going to get ... someone that isn't familiar with what I was going to want in the civilian sector," she says. But to her surprise, "they were fantastic."

"This is really, really an awesome benefit for all Veterans," Patty says. Having experienced the impact of Whole Health as a Veteran and VA employee, she sees the positive impact it is having on both groups.

Implementing Nationwide

VA has expanded Whole Health peer-group sessions to all VA facilities and the number of well-being programs being offered is growing rapidly. Whether you are a transitioning service member or a Veteran of another era, you can start on your Whole Health journey by taking part in a Whole Health course at your VA medical center or clinic. It is your turn to answer **THE** question, "What matters most to me?"

Learn more about the positive impacts of adopting Whole Health by watching videos on the Whole Health experiences of Veterans and providers:

www.va.gov/PATIENTCENTEREDCARE/resources/multimedia/index.asp

www.va.gov/patientcenteredcare

For more information on Whole Health courses or Peer-Facilitator training go to www.va.gov/PATIENTCENTEREDCARE/veterans-teaching-veterans.asp



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Patient Centered Care and
Cultural Transformation