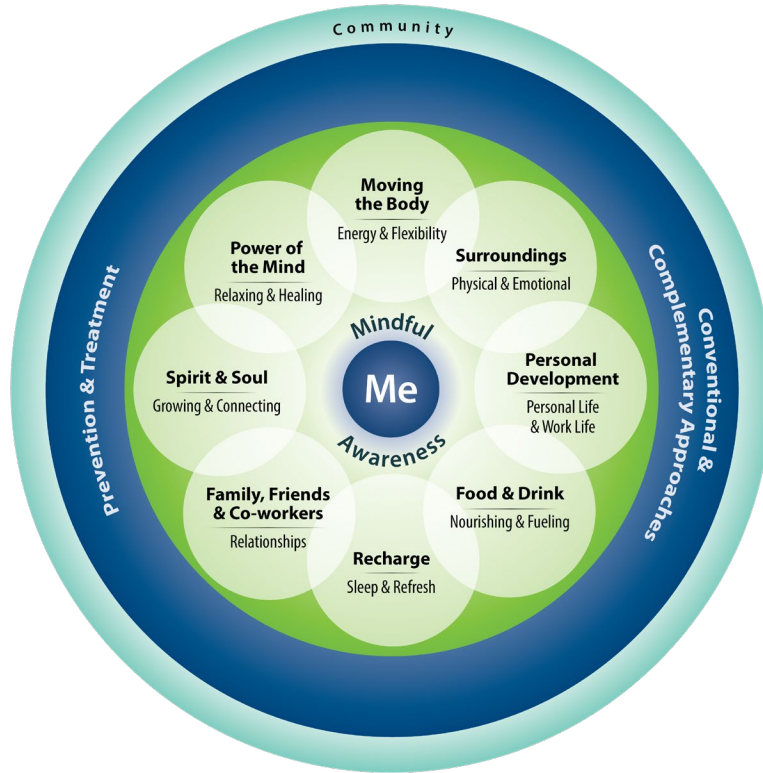


# Whole Health – It Starts with Me

Whole Health supports your health and well-being and centers around what matters to you, not what is the matter with you. This means your VA health care team will get to know you as a person to develop a personalized health plan based on your values, needs, and goals.



The Circle of Health illustrates the big picture connections between your health and other aspects of your life. Whole Health opens the door to discuss not only your health conditions, but the things that impact your well-being. They are all connected and improving one area can benefit other areas in your life and influence your overall physical, emotional, spiritual, mental health, and well-being.

