

# Whole Health, It Starts With Me

## What is Whole Health?

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

## Why is VA changing the way health care is provided?

Health outcomes in our country are poor; the US is now ranked 32<sup>nd</sup> in life expectancy, despite spending far more on health care than any other country. It is time to create a health system, rather than a disease care system; one that empowers and equips Veterans to discover a new path to health and well-being.

## How is Whole Health different?

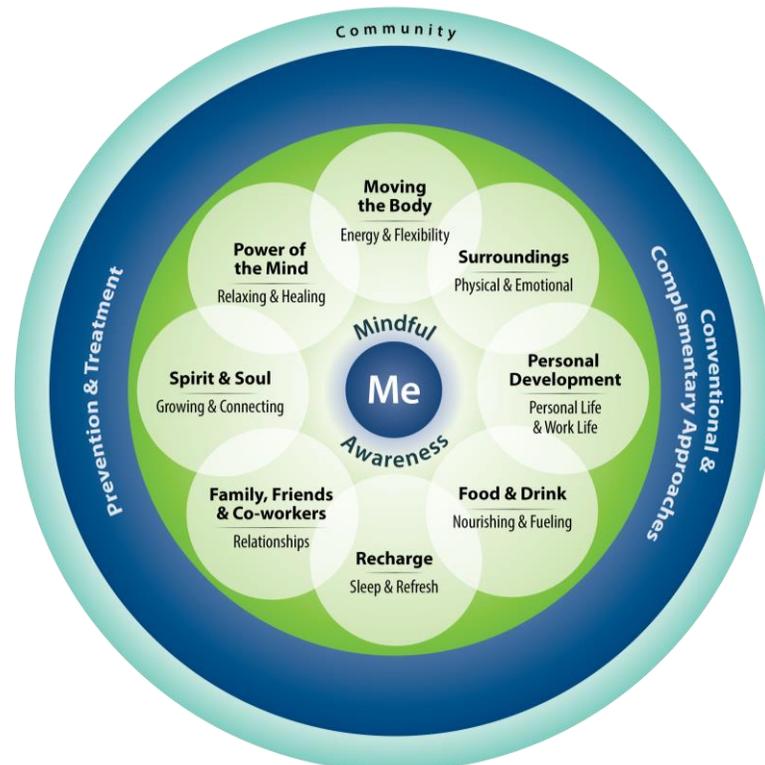
Whole Health puts you in control of your care. It focuses on self-care, skill building and support. These services are not diagnosis or disease based but support the personal health plan of each Veteran. Approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, and health coaching are available. You don’t have to wait until something is wrong to improve your well-being. Whole Health encourages you to set goals based on what is important to you, and work toward those goals with your health team.

## Will Whole Health help me?

Studies show Veterans who use Whole Health services report being able to manage stress better and note the care they receive as being more patient centered. Veterans with chronic pain who used Whole Health services had a threefold reduction in opioid use compared to those who did not. Veterans report that pain management is not the only benefit of using Whole Health services. They are having success with weight loss, improved mental health as well as better vital signs and diagnostic test results because of their goals focused around the eight self-care areas of the Circle of Health.

## When can I start Whole Health?

VA Whole Health tools and resources including the Whole Health App are available to you now through the website [va.gov/wholehealth](http://va.gov/wholehealth). Whole Health services are available through your VA health care facility. Stop in and ask to speak to your VA facility’s Whole Health staff.



Circle of Health Diagram