



## What is the Live Whole Health app?

Live Whole Health is a free, easy to use mobile application created for Veterans and others who are ready to take the next step in their Whole Health journey. Whole Health is VA's holistic approach to care that supports your health and well-being. Whole Health centers care around **what matters to you**, not what is the matter with you.

With the app, you can fill out your personal health inventory, set goals, get virtual coaching, and learn more about Whole Health.

Live Whole Health is available for download on iOS or Android devices in the Apple App or Google Play stores. The Live Whole Health app is not meant to replace professional care for clinical or mental health conditions. This app was created by the U.S. Department of Veterans Affairs.



## Helpful Tips

To get the most out of Live Whole Health, we recommend that you:

- Add action steps after creating goals.
- Use the app's Check-In feature to help you stay on track with your goals.
- Enter comments in 256 characters or less.
- Share your achievements with your care team, peers, friends and family.
- Share your personal health plan with your clinician.
- Check out the wealth of multimedia and digital resources available through the app.

## Get Started

Anyone with an Android device, iPhone or iPad can access Live Whole Health by following these steps:

- Go to the Google Play Store or Apple App Store and search for Live Whole Health.
- Tap the name of the app in the search results.
- On the app's page, tap **Install** (Android) or **Get** (Apple) to download the app.
- From your device's home screen, tap the **app icon** to open the app.
- The first time you open the app, you will be taken to a landing screen with An Overview of the Patient Centered Approach video, Learn How It Works link, and a Create Profile button.
- After you complete your profile, the app opens to a dashboard where you can access all your information as well as the app's full suite of resources and information.

## Virtual Coach

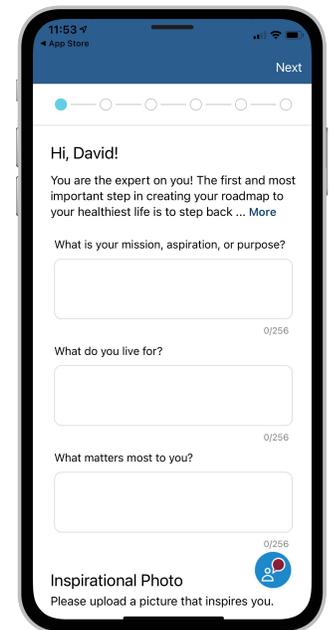
Throughout the app a Virtual Coach will appear to walk you through key steps and provide useful information. You can tap **Skip** to dismiss the Virtual Coach.

## Profile

A profile is a basic description of who you are. You must complete your profile before you can save information in the app and proceed to use the full suite of features. You can update your profile anytime by tapping **My Profile** from the app's menu.

## Personal Health Inventory (PHI)

After your Profile is completed, the app will navigate you to the start of the PHI. The PHI walks you through the eight self-care areas identified on the Circle of Health and guides you to enter comments and provide ratings based on where you feel you are across the different self-care categories. Additionally, the PHI prompts you to assess and reflect on your health, your life, what you would like to do, and when you would like to start. You can update your PHI anytime by tapping **My Personal Health Inventory** from the app's menu.



## Personal Health Plan (PHP)

After you complete your PHI, you may share your PHP. Tap **Share my PHP** from the app's menu and select the elements of your plan you would like to share (i.e., Mission, Aspiration, and Purpose (MAP) and Areas of Self Care).

## Goals

Add goals for any or all the eight self-care areas identified on the Circle of Health. Tap **My Goals** from the app's menu. Enter your goal and your target date to achieve it. You will receive a badge for each goal you create. To see your completed goals, tap **My Achievements** from the app's menu. To help stay on track with your goals and adjust when needed, tap **Check-In** from the app's menu. You may review your check-ins by tapping **Check-In History** from the app's menu.

## Information and Technical Support

To learn more about Whole Health, tap **Information** from the app's menu. Access details and resources about Whole Health including videos, a blog series, and much more. For help with the app, use the support section in the app. From the Information menu, tap **VA Live Whole Health Mobile App** option and complete the form.