



A LOOK INSIDE

WHOLE HEALTH

The U.S. Department of Veterans Affairs (VA) Whole Health approach invites you to take charge of your health and well-being and to live your life to the fullest. Our commitment is to empower, equip, and treat you according to your preferences and priorities.

We call it **Living Whole Health.**

Maybe you've heard the term Whole Health but haven't been sure what it is or how to get started.

Let's Take a Closer Look 



The Pathway **Empowers**

As you start on the Whole Health pathway you are not alone. In a partnership with peers, Veterans, and family, you'll have the opportunity to explore your mission, aspiration, and purpose in life. VA staff and Veteran peers guide and support you throughout your journey. Learn about Whole Health practices from other Veterans through the "Taking Charge of My Life and Health" course. You will work with your Whole Health Partner to take the personal health inventory self-assessment and create your personal health plan.

Your personal plan is central to your Whole Health experience. Are you struggling with sleep or a lack of energy? Are you able to participate in the activities that interest you? What you value shapes your plan and drives your choice of well-being programs and clinical treatments. Taking control of your care is empowering.



Well-Being Programs **EQUIP**

To tackle Whole Health, you need tools to address a range of issues spanning your physical, emotional, and mental health. Things like how connected you feel to others, how you move your body, eating and nutrition habits, and a sense of meaning in life matter. Well-being programs focus on self-care, skill building, and support with special emphasis on life balance, joy, movement, flexibility, longevity, and your general sense of fulfillment with your life. They can involve physical activities, contemplative practices, or creative expressions.

Whether your plan calls for yoga, mindfulness meditation, acupuncture, cooking courses, exercise classes, or a creative writing class, the intention is to equip you with what you need to reach your goals.



Clinical Care Programs **TREAT**

Whole Health supports your health and well-being, moving well beyond a focus on disease care. Clinical care, when needed, is still an important part of any health plan. In the VA, community, or both, clinicians are trained in Whole Health and incorporate complementary and integrative health approaches based on your personal health plan. Your health plan will include appropriate clinical treatment in coordination with your well-being programs and guided by your goals.

VA treats you as a whole person, not as an illness or a disease.



Living Your Life to the Fullest

Whole Health is a cutting-edge approach focused on helping you live your life to the fullest. You are in the driver's seat. Isn't it time to get started?

To learn more about Whole Health, please visit the VA Office of Patient Centered Care and Cultural Transformation website and discover what matters most to you.

Live Whole Health.
www.va.gov/wholehealth