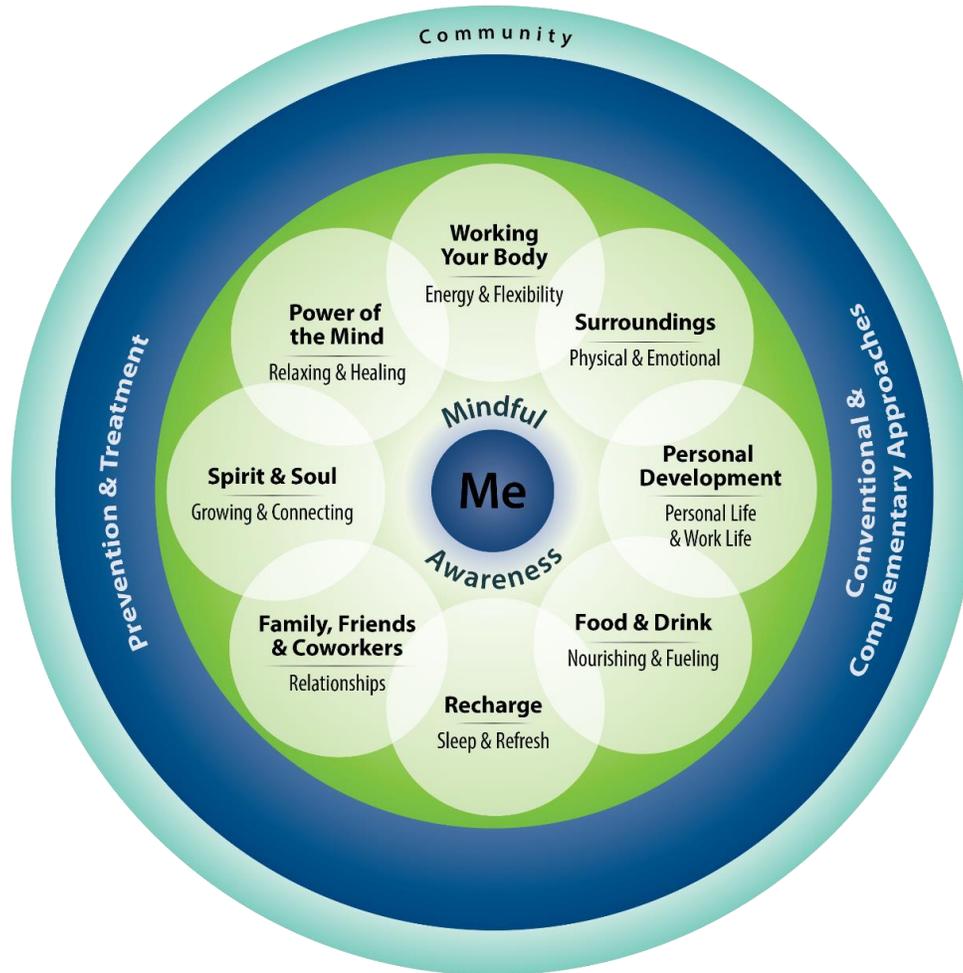




Whole Health: It Starts With Me



Whole Health is an approach to health care that empowers and enables YOU to take charge of your health and well-being and live your life to the fullest. Whole Health starts with YOU. It is fueled by the power of knowing yourself and what will really work for you in your life. Only you have these insights, this knowledge.

This information was gathered to help you as you make choices to support your health. As you learn more, you will have even more power to take care of yourself. Best wishes!

To learn more visit: <https://www.va.gov/PatientCenteredCare/>