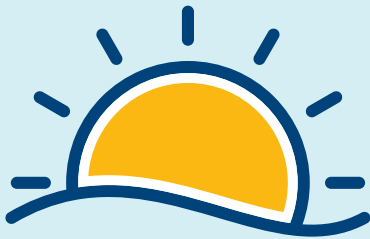


# Outcomes from Whole Health Services

## After participating in Whole Health services, Veterans experienced:



- » **More personalized approach to care and stronger support** for managing their own health, resulting in better patient experiences.
- » **Better physical and mental health** over a six-month period.
- » **32% higher likelihood of discussing specific health goals** with their providers compared to those receiving conventional care.<sup>1</sup>

### Pain Management

Whole Health participation is associated with a **significant decrease** in the use of invasive pain treatments over time.<sup>2</sup>

#### Short Term Success

**42%** reduction  
at 3 months

#### Sustained Impact

**22%** reduction  
at 18 months

Of Veterans experiencing chronic musculoskeletal pain, **40.4% experienced clinically meaningful improvements** in pain interference using complementary and integrative health therapies.<sup>3</sup>

### Blood Pressure Management



Blood pressure control **improved in 6% more Veterans using Whole Health** than non-participants.<sup>4</sup>

### Tobacco Cessation



Veterans using meditation, health and wellness coaching, or acupuncture saw **11% to 23% higher quit rates** than controls.<sup>5</sup>

### Opioid Cessation



Veterans using Whole Health services saw a **decrease of 23% to 38% in opioid use**, compared to 11% among those who did not.<sup>2</sup>

### Evidence-Based Psychotherapies

**1.5x**  
more likely to  
finish treatment

Veterans who used Whole Health before and during EBP were **1.5 times more likely to finish their treatment course** than those who did not.<sup>6</sup>

### Diabetes



Among Veterans with diabetes, participation in Whole Health was associated with a **higher proportion of patients meeting the criterion for diabetes control** (HbA1c levels <8%).<sup>4</sup>

## Sources and Citations

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