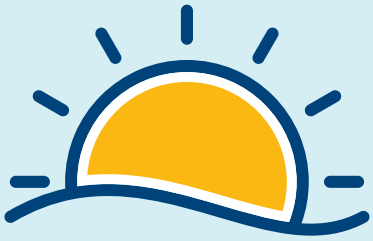
Outcomes from Whole Health Services

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.[1]

Pain Management

Whole Health participation is associated with a ***significant decrease*** in the use of invasive pain treatments over time.[2]

Short Term Success

42% **reduction** *at 3 months*

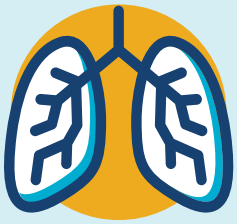
Sustained Impact

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.[3]

Blood Pressure Management

Blood pressure control ***improved in 6% more Veterans using Whole Health*** than non-participants.[4]



Tobacco Cessation

Veterans using meditation, health and wellness coaching, or acupuncture saw ***11% to 23% higher quit rates*** than controls.[5]

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.[2]

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.[6]

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%).[4]

Sources and Citations

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