



VA Celebrates Patient Centered Care with “Discover What Matters” video

The Department of Veterans Affairs (VA) is focusing on how its Whole Health approach is helping Veterans “Discover What Matters” and empowering them to consider both their health and well-being in a new video.

As VA medical centers and clinics across the country help Veterans to Live Whole Health, the stories of the positive impacts are piling up. You can [read many of these stories](#) at VA.gov/WholeHealth and learn how they inspired the “[Discover What Matters](#)” video. This new site is designed to help users quickly find the Whole Health information they need on available classes, personal health planning, Well-being Programs, as well as videos, apps, and articles.

Whole Health is about more than just an illness or a symptom a Veteran may have. This patient centered approach considers the full range of physical, emotional, mental, social, spiritual, and environmental factors that can influence a person’s health. Veterans set goals based on what matters most to them. Those priorities drive the health planning decisions they make with their care team.

In addition to clinical care, Veteran health plans may include Well-being Programs that enhance their self-care. From physical and creative activities to mindfulness meditation or complementary approaches such as yoga and acupuncture, Veterans choose the combination of care that helps them achieve what is important to them.

Take the time to Discover What Matters to You. #LiveWholeHealth.