Who can benefit from Whole Health Coaching?

- Self-motivated individuals who are seeking additional support.
- Individuals seeking to incorporate lifestyle change.
- Someone who is looking to actively engage in making their health and well-being a priority.

DISCOVER WHAT MATTERS

Live Whole Health.

Whole Health Coaching is available for Veterans at VA Eastern Kansas. If you are interested in coaching, ask your health care team to place a Whole Health consult today! In person, video, and telephone appointments available!

va.gov/wholehealth

Whole Health Point of Contact:

Name:

Phone:

Facility:

VA | U.S. Department of Veterans Affairs

WHOLE HEALTH COACHING

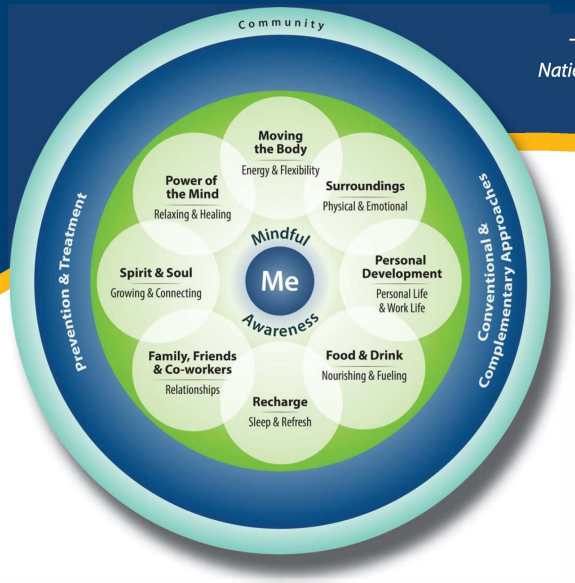
Optimizing well-being by assisting you to achieve your health goals based on what is important to you.

Live Whole Health.
va.gov/wholehealth

CIRCLE OF HEALTH

"Often clients know what they want but haven't found the motivation within themselves to get where they want to go."

- Leigh-Ann Webster, Executive Director of the National Board for Health and Wellness Coaching



Health Coaching helps you to realize your goals based on your values and strengths. As you work with a health coach you can expect to:

- Explore mindfulness
- Explore what matters to you
- Participate in self-care strategies
- Make behavior changes based on your values
- Develop a personal health plan

Whole Health Coaching addresses all aspects of you as a person, including your mind, body, and spirit.

Your values are the foundation for your Personal Health Plan and the driving factor in making and setting goals. You focus on changing behaviors that are important to your life. Behavior and lifestyle changes become less of "one more thing to do," and more about living the life you want to live.

Health coaches can provide accountability in achieving your personal goals for a healthier lifestyle.

Whole Health Coaching does not replace your current health-care team. Coaches do not provide therapy or give clinical advice.

Health coaches believe a client is an expert in their own health.

Coaching services are FREE, and available in-person (individual or group) and via the telephone or computer to best fit your lifestyle.

When you're ready for a Whole Health Coach, speak to your VA health care team for more information.

Start now by downloading the Live Whole Health App and complete your personal health inventory.