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News Release

FOR IMMEDIATE RELEASE

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We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Affairs Officer at 989-497-2500, extension 13010 or e-mail tara.scheuer@va.gov

Veterans, Do You Want to Live Your Best Life?

Did you know the VA offers health coaching services? A Whole Health Coach is a trusted partner and mentor who empowers individuals to both identify and achieve their health and wellness goals. The Whole Health Coach will encourage and support the Veteran every step of the way by using science-backed, behavior-driven lifestyle modifications. Whole Health Coaches work with Veterans one-on-one and in group settings to empower them to develop and achieve self-determined goals related to health and wellness.

“Having a health coach not only provides accountability but supports Veterans by encouraging them to attain the goals they set based on what matters most to them,” stated Sarah O’Dell, Assistant Chief of the Veteran Experience Office. “Veterans have utilized health coaches to assist them in successfully reaching weight loss goals, quitting smoking, reducing pain, and more! The Whole Health Coach does not provide clinical care but will assist Veterans by connecting them with a number of other resources available at the VA that support achieving their goals to live their best life.”

In addition to health coaching, the VA developed an application, Live Whole Health, for Veterans and family members to help guide their journey. The Live Whole Health application (app) is available 24 hours a day, seven days a week, and is free to Veterans and their family members. Veterans can fill out their personal health inventory (information), set goals, learn more about Whole Health, and discover Whole Health resources. The app is available for download on iOS or Android devices in the Apple App or Google Play stores.

The Live Whole Health app is not meant to replace professional care for clinical or mental health conditions. Health coach appointments are available in person, through VA Video Connect, and by telephone. To schedule an appointment, call (989) 497-2500 extension 12771.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center. It provides care to over 40,126 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans can

also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.va.gov/saginaw-health-care/.

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