

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Salt Lake City Health Care System

Whole Health & Healthy Living Program Guide

DISCOVER WHAT MATTERS.

Live Whole Health.

va.gov/wholehealth

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What is Whole Health?

Whole Health is the VA's approach to care that supports your health and well-being. Whole Health centers around "what matters to you," not "what is the matter with you?"

This guide introduces you to VA Salt Lake City's Whole Health mission and services.

HOW IS WHOLE HEALTH DIFFERENT?

Whole Health puts you in control of your care. It focuses on self-care, skill-building, and support. These services are not diagnosis or disease-based but support the personal health plan of each Veteran. Approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, and health coaching are all offerings we have for you at VA Salt Lake City.

Whole Health at VA Salt Lake City:

This program guide offers a general overview of offerings available at VA Salt Lake City. The following pages have outlined services and course offerings. Our offerings are updated and adjusted routinely; some are seasonal or offered at various times within the year.

To learn more about our Whole Health Programs, contact us at 801-588-5991.

Scan the QR code with your smartphone or visit online to learn more at:

<https://www.va.gov/salt-lake-city-health-care/programs/whole-health/>



Personal Health Inventory

The Whole Health Circle

Use this circle to help you think about your whole health.



- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

Identifying Your Health and Well-Being Goals

Rate Your Current Health and Well-Being

In the following pages, you will find the Personal Health Inventory Assessment. This tool can help you identify which courses will be most helpful for your health goals. For some courses, you can sign up on your own, while for others, you may need a provider to place a consult. We invite you to fill out the Personal Health Inventory. The Personal Health inventory connects us to our present state and invites us to explore our mission, aspirations, and purpose for health and well-being.

**Rate where you feel you are on the scales below.
Scale is from 1-5, with 1 being miserable and 5 being great.**

My Well-Being Area	Where I am Now (1-5)
Physical Well-Being	
Mental/Emotional Well-Being	
Life: How is it to live your day-to-day life?	

**What is your mission, aspiration, or purpose? What do you live for?
What matters most to you? Write a few words to capture your thoughts:**

Rate the Areas of Your Self Care

For each area below, consider “Where you are” and “Where you would like to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you would like to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Area of Self Care	Where I am Now (1-5)	Where I Want to be (1-5)
Moving the body: our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.		
Recharge: Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.		
Food and Drink: What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how we live, and overall health are all impacted by what and how we choose to eat and drink.		
Personal Development: Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.		
Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.		
Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art		
Surroundings: Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.		
Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions.		
Professional Care: “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.		

P E R S O N A L H E A L T H I N V E N T O R Y

Reflections

Now that you have thought about what matters to you in all these areas, what is your vision of your best possible self? What would it look like? What kind of activities are you doing?

Are there any areas you would like to work on? Where might you start?

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.

Programs, Courses, and Wellness Offerings

Health Coaches

Whole Health Coach

A health coach will assist you to find clarity and align with what matters most in your life, set goals that match your values, and connect you with services that best fit your goals. Health coaches provide supportive partnership and motivation as you work on your goals and navigate your health journey.

Whole Health Partner

Whole Health partners are Veteran peers who are critical team members, engaging and orienting their peers to Whole Health concepts. Partners facilitate courses and provide one-on-one sessions to explore Veterans' mission, aspiration, and purpose for health and well-being by completing the PHI.

Health Coaches and Whole Health Partners are available for in-person, virtual, and phone sessions. Let our Whole Health Coaches and Partners help you along your journey.

Whole Health Pathway Courses

The courses listed below introduce you to VA Salt Lake City's Whole Health Programming and begin the process of self-reflection as we discover what is "most important to you."

Introduction to Whole Health

Join this course and learn about the Whole Health approach to healthcare and VA Salt Lake City's program offerings.

Taking Charge of My Life and Health

Join fellow Veterans and explore your mission, aspiration, and purpose. In this six-week course, learn the practice of mindful awareness, goal setting, skill-building, and self-management.

**To connect with a Whole Health Coach or
the Pathway Courses, call:
801-588-5991**



Complementary and Integrative Health

Complementary and Integrative Health (CIH) program emphasizes self-care, skill-building, and wellness. The CIH program offers a range of mind-body approaches and wellness classes that are beginner-friendly, trauma-sensitive, and accessible to a range of abilities. CIH is designed to support Veterans' whole health and well-being in addition to their participation in more traditional healthcare services offered throughout the VA.

To be connected, please speak with your Primary Care Provider or call 801-588-5991 for more information. You can find the following CIH wellness and treatment services at the VA Salt Lake City Health Care System.

Scan the QR code with your smartphone or visit online to learn more at:

<https://www.va.gov/salt-lake-city-health-care/programs/whole-health/complementary-and-integrative-health/>



Biofeedback

Biofeedback is a mind-body treatment that uses equipment to monitor physiological information such as heart rate, breathing, muscle tension, temperature, and brain wave activity. Participation in biofeedback helps to increase awareness of the body's response to stress and learn skills for improved self-management of symptoms. Biofeedback is especially helpful for Veterans who want to learn how to better manage their stress response and its impact on symptoms such as pain and anxiety.



Clinical Hypnosis

Clinical hypnosis involves learning how to enter a state of deep relaxation and focused concentration in which you focus on helpful “self-suggestions,” such as ideas, words, and images that match your treatment goals. This form of therapy can help reduce symptoms of anxiety and stress. Hypnosis may also assist with managing conditions like chronic pain, irritable bowel syndrome, smoking cessation, and weight control.

Mindfulness and Meditation

Mindfulness is paying attention to the present moment, on purpose, and without judgment. Mindfulness meditation may include practices such as focusing on the breath, the body, or your surroundings with awareness, acceptance, and kindness. CIH offers mindfulness-based interventions, as well as classes that incorporate mindfulness into creativity, nature, and relationships.



For additional information about meditation, foundational Mindfulness-Based Interventions, and specialty mindfulness services currently offered, call 801-588-5991.

Scan the QR code with your smartphone or visit online to learn more at:

<https://www.va.gov/salt-lake-city-health-care/programs/mindfulness-meditation-exercises/>



Guided Imagery

Guided imagery is a mind-body practice that uses your imagination and senses to create positive changes to your health and well-being. Guided imagery often begins with learning relaxation techniques and incorporating helpful imagery on your journey to self-guided practice.



Tai Chi / Qigong

Tai Chi is often described as “meditation in motion,” combining slow-flowing intentional movement with breathing, awareness, and visualization. Tai Chi has roots in martial arts and traditional Chinese medicine and philosophy. It is commonly practiced today as a means of enhancing health, vitality, and inner peace.

Qigong is an ancient Chinese healing art and wellness practice. The focus is on cultivating Qi (vital life energy, pronounced chee) through mindful and meditative movement along with the breath, posture, awareness, and visualization.

Yoga

Yoga is a mind and body practice with origins in ancient Indian philosophy. The various styles of yoga typically combine physical postures, breathing techniques, meditation or relaxation, and discussion on applications to daily life. Yoga therapy applies the tools of posture, breathwork, meditation, lifestyle, and mindfulness education to address an individual’s unique physical, mental, emotional, and spiritual needs. Yoga therapy is available in both individual and group classes in either virtual or in-person formats.



All Yoga, Tai Chi, and Qigong classes encourage participation from Veterans with any level of knowledge and ability. We welcome anybody, and most postures can be done from a seated position.

To learn more about our Tai Chi/Qigong and Yoga offerings or to connect with a provider who can answer specific questions about your needs or ability in class, call 801-588-5991.





Acupuncture

Acupuncture is a relatively pain-free technique in which practitioners insert very fine, solid needles into the skin to treat health problems. This modality of care is often associated with pain management, but may also be useful for other conditions, such as headaches, mental health conditions such as depression, anxiety, PTSD, fibromyalgia, neuropathy, and wellness indicators such as insomnia.

Acupuncture is provided at some of our VA Salt Lake City facilities or delivered in Community Care with a referral from your Primary Care Provider.



Medical Massage Therapy

Medical Massage is a treatment prescribed by your Primary Care Provider that aims to treat specific medical conditions or concerns by manipulating the muscles and other soft tissues. Medical Massage is a prescribed therapy often used in conjunction with other therapies to assist in the healing of various conditions, like chronic pain syndrome, chronic headaches, etc. This type of massage differs from a relaxing massage.

Medical Massage Therapy is available at VA Salt Lake City through Community Care with a referral from your Primary Care Provider.



Chiropractic

Chiropractic Care is a specialty service that uses hands-on techniques to diagnose and treat issues affecting the spine, muscles, joints, and nervous system. Chiropractic services are available at many VA locations and through our Community Care partners.

To begin working with a Chiropractor, your Primary Care Provider will need to place a referral to “Chiropractic (Manual Medicine).”

Horses Helping Veterans



Horses Helping Veterans is an equine-assisted services program provided jointly by The VA Salt Lake City Health Care System Whole Health and Mental Health Services.

Whispers with Horses is a six-session class for outpatients that helps Veterans learn and practice mindfulness, self-compassion, and basic horsemanship skills while working with a horse partner. Work with the horses consists of grooming and leading. There are no mounted activities. Participation in this class is a good fit for any Veteran to improve stress management and interpersonal relationships and may be particularly beneficial for those who have experienced trauma and moral injury.

There are sometimes additional opportunities within the Horses Helping Veterans program to participate in other equine activities, such as mounted activities and research studies.

For more information, call: 801-582-1565, ext. 1847. Providers may enter a consult for "Equine Assisted Activities & Therapies," under the Whole Health Tab.

Scan the QR code with your smartphone or visit online to learn more at:
<https://www.va.gov/salt-lake-city-health-care/programs/horses-helping-veterans/>



Recreational Therapy

Recreation Therapy uses activity-based interventions to help Veterans with illnesses or disabling conditions. These interventions are used to support mental and physical health, recovery, and well-being, with the primary goal of helping Veterans work toward independence in recreation. Whole Health Recreation Therapy is available individually and in groups. Services vary throughout the year and have included physical activity, creative arts, community connection, and experiential therapy (for example, drumming, yoga).

If you'd like to include Whole Health Recreational Therapy as part of your care or to find out more about available programming, please call: 801-588-5991.



Nutrition

VA Salt Lake City and the Whole Health Department have several personalized individual and class offerings to support Veterans and their families in making healthy food and drink choices.

To connect with a dietitian or to learn more about the classes below, ask for a referral from your Primary Care Provider or call the number listed below.

Scan the QR code with your smartphone or visit online to learn more at:

<https://www.va.gov/salt-lake-city-health-care/programs/nutrition-and-food-services/>



Individual Nutrition Counseling

Speak with a Registered Dietitian for any nutrition-related health concern or diagnosis.

To learn more, call: 801-582-1565, ext. 3460

Diabetes Self-Management Class

Learn about diabetes while building skills to help you manage and live well with diabetes.

To learn more, call: 801-582-1565, ext. 2936

Eating to Thrive

A recovery-focused support group for those overcoming restrictive, compulsive, or inflexible eating patterns.

To learn more, call: 801-582-1565, ext. 2894

Healthy Teaching Kitchen Classes

Enjoy cooking demonstrations with a dietitian! Learn cooking skills and nutrition information alongside other Veterans. Join us for a hands-on or virtual class series.

To learn more, call: 801-582-1565, ext. 1368



Intuitive Eating

A mind-body health approach to restore a healthy relationship with food, while relearning to trust and respect the body.

To learn more, call: 801-582-1565, ext. 2894

MOVE! Weight Management Program

MOVE! offers both group and individual care and coaching, both in-person and virtually, to help Veterans improve their eating behaviors and increase their physical activity, supporting Veterans to live healthier, more active lives.

To learn more, call: 801-582-1565, ext. 2149

Well-Being and Self-Care Offerings

Each of the eight areas of self-care are important to your health and connected to other areas of your life; as one area improves, often others do too. Below are additional offerings that support you in living well and fully. To learn more about a program, contact them at the number provided.

Scan the QR code with your smartphone or visit online to learn more at:
<https://www.va.gov/salt-lake-city-health-care/programs/whole-health/>



Enhance Fitness Group

This virtual fitness group meets for one hour three times per week and focuses on stretching, flexibility, balance, low-impact aerobics, and strength training, supporting you in a healthier, more active life.

To learn more, call: 801-582-1565, ext. 2691





Living Well with Chronic Conditions

Join fellow Veterans to learn self-management tools and skills for the day-to-day management of chronic health conditions. Learn skills, receive coaching, and make progress on your goals to improve your health, well-being, and quality of life. This course is held weekly for six weeks.

To learn more, call: 801-588-5991

Walk with Ease

Safely make physical activity a part of your everyday lifestyle. Join this in-person group for one hour twice a week. Enjoy improved mobility, function, and confidence in exercising.

To learn more, call: 801-582-1565, ext. 2149

Tobacco Cessation Program

A 6-week, group-based, virtual tobacco cessation course that is held bi-monthly and provides behavioral strategies, coping tools, and education on medications for tobacco cessation; and helps connect Veterans to additional tobacco cessation resources like medications, text support through Annie and Smokefree Vet, and free phone counseling through the VA Tobacco Cessation Quitline (1-855-QUIT-VET).

To learn more, call: 801-582-1565, ext. 5587

Online Resources

Scan the QR code with your smartphone or visit online to learn more about Whole Health locally and nationally

National Whole Health Website:

<https://www.va.gov/wholehealth/>



VA Salt Lake City Whole Health:

<https://www.va.gov/salt-lake-city-health-care/programs/whole-health/>



Live Whole Health App:

<https://mobile.va.gov/app/live-whole-health>



Electronic Personal Health Inventory (PHI):

https://www.va.gov/WHOLEHEALTH/docs/10-773_PHI_May2020.pdf



Horses Helping Veterans:

<https://www.va.gov/salt-lake-city-health-care/programs/horses-helping-veterans/>



Community Whole Health and Healthy Living Resources:

<https://www.va.gov/salt-lake-city-health-care/programs/community-whole-health-promotion-resources/>



Nutrition:

<https://www.va.gov/salt-lake-city-health-care/programs/nutrition-and-food-services/>



Whole Health Coach:

<https://www.va.gov/salt-lake-city-health-care/programs/whole-health/whole-health-coach/>



Complementary and Integrated Health Page:

<https://www.va.gov/salt-lake-city-health-care/programs/whole-health/complementary-and-integrative-health/>



Telehealth Education for Health and Healing:

<https://www.va.gov/salt-lake-city-health-care/programs/telehealth-services/telehealth-education/>



Follow-Up Plan

Check the Whole Health and Healthy Living programs and classes that interest you. Call to enroll or talk to your provider to be referred.

Class or Program	Phone Number	Page	I'm Interested
Individual Whole Health Coaching	801-588-5991	8	
Whole Health Pathway Courses		9	
Introduction to Whole Health	801-588-5991		
Taking Charge of My Life and Health	801-588-5991		
Complementary and Integrative Health		10	
Biofeedback	801-588-5991		
Clinical Hypnosis	801-588-5991		
Mindfulness and Meditation	801-588-5991		
Guided Imagery	801-588-5991		
Tai Chi/Qigong	801-588-5991		
Yoga	801-588-5991		
Acupuncture *	Needs Referral	13	
Medical Massage *	Needs Referral	13	
Chiropractic *	Needs Referral	13	
Horses Helping Veterans	801-582-1565, ext. 1847	14	
Recreational Therapy	801-588-5991	14	
Nutrition		15	
Individual Nutrition Counseling	801-582-1565, ext. 3460		
Diabetes Self-Management Class	801-582-1565, ext. 2936		
Eating to Thrive	801-582-1565, ext. 2894		
Healthy Teaching Kitchen Classes	801-582-1565, ext. 1368		
Intuitive Eating	801-582-1565, ext. 2894		
MOVE! Weight Management	801-582-1565, ext. 2149		
Well-Being and Self-Care Offerings		16	
Enhance Fitness Group	801-582-1565, ext. 2691		
Living Well with Chronic Conditions	801-588-5991		
Walk with Ease	801-582-1565, ext. 2149		
Tobacco Cessation Program	801-582-1565, ext. 5587		

* Indicates Primary Care Referral is required.



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