



U.S. Department of Veterans Affairs

Veterans Health Administration  
Office of Patient Centered Care and  
Cultural Transformation



# Introduction to Whole Health Veteran Classes

## What is this?

- This Introduction to Whole Health session is designed to introduce you to the VA Whole Health approach to care.
- Our number one goal is that you accomplish the mission you create for yourself.
- Through our programs and services and, most importantly, your own strengths and abilities, we will work together in healing partnership to optimize your well-being with a focus on what is important to YOU.
- Transitioning from the Service can pose unique challenges and opportunities and we'll discuss why a whole health approach is helpful in meeting these challenges and capitalizing on your opportunities.
- We'll also describe areas of self-care and well-being that make up all the different aspects of who we are as individuals.



## What is Whole Health?

- Whole Health recognizes you as a whole person and helps support your unique answer to the question, "What would you do if your health were the best it could be?"
- Whole Health goes beyond your illnesses, injuries, or disabilities.
- It focuses on your values and aspiration, your health and well-being and includes self-care and complementary therapies (such as acupuncture, massage, and yoga), along with your conventional medical care.
- In Whole Health care, you are a more active partner with your health team.

**Dates and Times: Simply request a consult from your primary doctor and someone will reach out to schedule with you or you can schedule before leaving today!**

**Location: Your clinic or there is a limited virtual option as well.**

**For questions and to Sign Up for a Class Contact: Ask your VA provider**