



## WHOLE HEALTH & HEALTHYLIVING NEWSLETTER

The theme for April communications is Whole Health Month: Be Involved in your Health Care - It's about what matters to you. In a Whole Health approach, each person is unique. Care is geared to your needs and goals, based on what matters most to you. Whole Health offers the resources and support you need to make the changes you want for your well-being. Whole Health helps you address a range of issues spanning your physical, emotional, and mental health. Self-care is not something you have to figure out on your own. Whole Health can offer you the support you need to get started. Explore the Circle of Health to find the self-care resources you need for a healthier life:

<https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp>

### San Diego VA Whole Health Resources for Veterans:

Offering	Description
Introduction to Whole Health	Virtual class open to all Veterans and their support system to learn more about Whole Health. Which is an approach to healthcare that focuses on what matter to YOU.
Taking Charge of My Life and Health	This is a 6-week virtual work group to provide resources for self-exploration, self-care, and goal setting which all surround what is important to YOU.
Battlefield Acupuncture "BFA"	An Auricular (Ear) Therapy that can assist in pain relief. Roughly 80% of people report reduced pain symptoms and improved function, often experiencing several days of relief as early as the first treatment. Tuesdays 1:00-2:30 PM, La Jolla Jennifer Moreno VA, Chapel Spiritual Wellness Center Wednesdays 10:00-11:30 AM, Kearny Mesa VA, Room 2019B Thursdays 1:30-3:30 PM, Oceanside VA, 2 <sup>nd</sup> floor, Conference Room B
Yoga	Trauma informed Yoga, designed for all skill levels, and modifiable for mobility limitations. Tuesdays 10:00-11:00 AM in La Jolla Jennifer Moreno VA, Patient Education Room 1493
Guided Imagery	A focused practice that involves each of the five senses to ignite positive healing messages throughout the mind and body. The practice is often interchanged with visualization, self-hypnosis, and guided meditation, but it has its own set of techniques.
Healing Sounds of the Native American Flute	The world of sound healing knows no bounds, and so are the sound healing instruments we can use to work with the power of their healing sounds. Tuesdays 1:00 PM, Kearny Mesa VA
Breath Flow Mindful Movement	Beginner level class to teach Veterans different ways they can move their body while being mindful of how they move. Tuesdays 1:00 PM, Kearny Mesa VA
Walking for Wellness	Thursdays 9:00am, Chula Vista VA Clinic
Feel Good Fridays	Join us as we embark on an artistic journey of creative expression! Fridays 11:00am, Oceanside VA Conf. Room B
<a href="#">Ompractice</a>	Veterans have free access to live virtual wellness classes (ex: yoga, meditation, tai chi) after creating an account. Visit <a href="https://app.ompractice.com/veteransaffairs">https://app.ompractice.com/veteransaffairs</a> to begin!
<b>Interested? Contact a Whole Health Coach</b>	<b>RUDOPLH "ART" CENDREDA: 619-228-6204</b> <b>RACQUEL WILLIAMSON: 619-203-5973</b> <b>EDWIN VALERIO: 858-239-3297</b>

## Be Involved in Your Healthcare

Playing an active role in your health care is key to meeting your health goals. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss. To learn more, visit

[www.prevention.va.gov/Healthy\\_Living/Be\\_Involved\\_in\\_Your\\_Health\\_Care.asp](http://www.prevention.va.gov/Healthy_Living/Be_Involved_in_Your_Health_Care.asp)



Want to Know More?  
Visit us: [www.prevention.va.gov](http://www.prevention.va.gov)

**Be Involved in Your Health Care**  
Start a conversation about what matters most



**My HealthVet** is VA's online portal for accessing VA health care information & services:

- Pharmacy - Refill VA prescriptions, track delivery, & receive shipment notifications
- Secure Messaging - Directly send messages to your health care team members
- Appointments - Schedule, track, & receive reminders for upcoming VA appts
- Health Records - View, print, or download VA lab results, images, & more
- Personal Health Record – Record & store your personal health information from non-VA providers into one online location
- Medical Library - Learn more about your health through trusted online libraries

To access My HealthVet, scan the QR code or visit [www.myhealth.va.gov/](http://www.myhealth.va.gov/)

### San Diego VA Virtual Health Resource Center



**Do you need help with VA virtual tools, such as My HealthVet or VA mobile apps?** Veterans and their family members may visit the Virtual Health Resource Center in the Patient Health Library or call (858) 642-1291 for assistance.

Location: Jennifer Moreno San Diego VA Medical Center, 1<sup>st</sup> Floor, Patient Health Library

Hours: Monday through Friday (excluding federal holidays) from 8am-4pm, by appointment or walk-in.

## Veterans Health Library

Your source for health information

The **Veterans Health Library (VHL)** helps Veterans stay well and well-informed. The VHL contains 1,600+ printable health information sheets, 200+ educational videos, interactive online workbooks, and more!

To learn more, scan the QR code or visit [www.veteranshealthlibrary.va.gov](http://www.veteranshealthlibrary.va.gov)



### My Health Choices Tool

The My Health Choices Tool can help you partner with your healthcare team, by helping you track of your healthy living goals. Consider bringing this worksheet to your next primary care clinic appointment and filling it out with your health care provider. To download or print the My Health Choices, visit

[www.prevention.va.gov/docs/NCP-HL-Handout-Health-Choice-Tool-2020-508.pdf](http://www.prevention.va.gov/docs/NCP-HL-Handout-Health-Choice-Tool-2020-508.pdf)