

Live Whole Health.

Whole Health Program

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VA



U.S. Department of Veterans Affairs
Veterans Health Administration

Moving from “What’s the Matter with You?” to “What Matters to You?”

Whole Health is an approach to health care that **empowers** and **equips** people to take charge of their health and well-being and live their life to the fullest.



Circle of Health



Whole Health System

Live Whole Health.

The Whole Health System:

Personalized, Proactive, Patient-Driven Care



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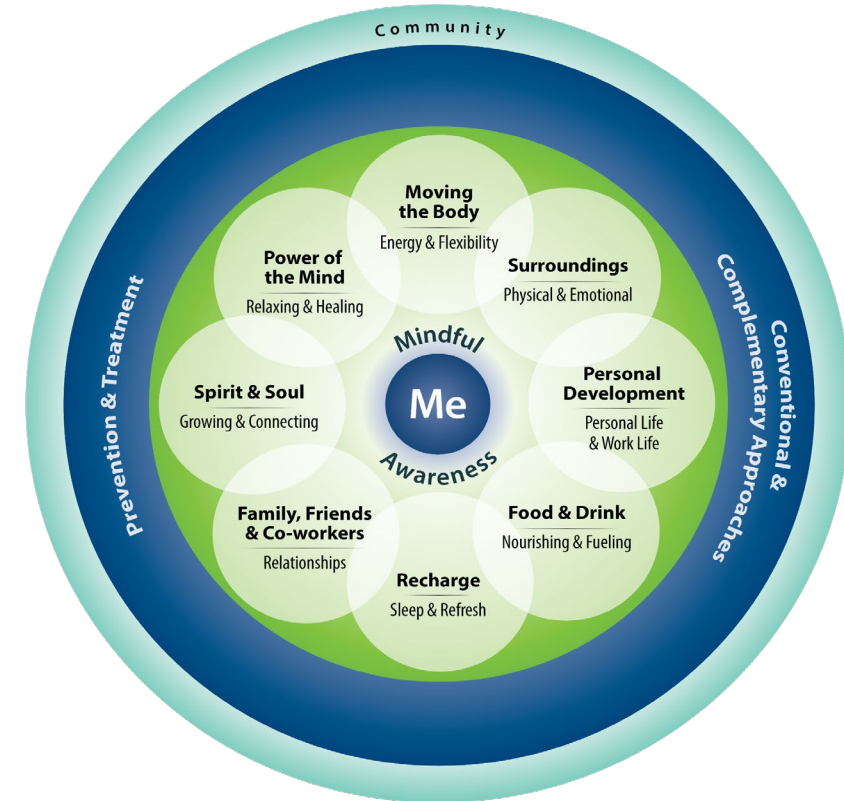
The Whole Health Approach

Circle of Health- A Tool for Reflection and Action

What are your strengths?

What are your opportunities?

Where would you like to be?



Whole Health Cultural Transformation:

Veteran Whole Health

- Opioid use among comprehensive Whole Health users decreased 38% compared with only an 11% decrease among those with no Whole Health use.
- Decrease in downstream utilization of invasive spine procedures of 20-40% over 18 months in Veterans with chronic low back pain.
- Veterans with a mental health diagnosis who began using Whole Health had a 2.3 times probability of being engaged in evidence-based psychotherapies 12 months later as those not using Whole Health.
- Black and women Veterans appear to be most/more interested in Whole Health services.
- Veterans who used Whole Health services reported:
 - Greater improvements in engagement in healthcare and self-care.
 - Greater improvements in engagement in life indicating improvements in mission, aspiration and purpose.
 - Improvements in quality of physical and mental health

Whole Health System of Care Evaluation – A Progress Report on Outcomes of the WHS Pilot at 18 Flagship Sites (Feb 2020): [WHS Flagship Pilot Outcome Report](#)

Whole Health Matters

"I have noticed a change. I feel more supported (by VA) and have less anxiety about upcoming appointments"

"I feel in control (of my health) for the first time in a long time"

"Whole Health helped me have more patience with my wife, my empathy has changed, I listen more when people talk, I'm making the best of the time I have left"

"I have learned so much"

"My balance has improved so much. I feel younger!"

"Ability to talk with other Veterans about situations, sometimes relating to own experiences, was beneficial"

"I wish I found this sooner"

"Without Whole Health, I would be lost"

"I love this program. It is the highlight of my week...I am always looking forward to what comes next"

"I don't always make time for me, mindfulness sessions are helpful"

"Remarkable! I have learned so much through this program."

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Whole Health Cultural Transformation:

Employee Whole Health

- **Preliminary research from the Whole Health flagship sites shows:**
 - Employee involvement in provision of Whole Health expanded from 2018-2019 in all sites.
 - Variation exists in different clinical areas, with the greatest integration in primary care, mental health, rehabilitation, and home/community care.
 - Employees who reported involvement with WH also reported their facility as a 'best place to work'; lower voluntary turnover; lower burnout; and greater motivation.

The Whole Health System: *Personalized, Proactive, Patient-Driven Care*



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Whole Health for Veterans – Pathway

- **Introduction to Whole Health**

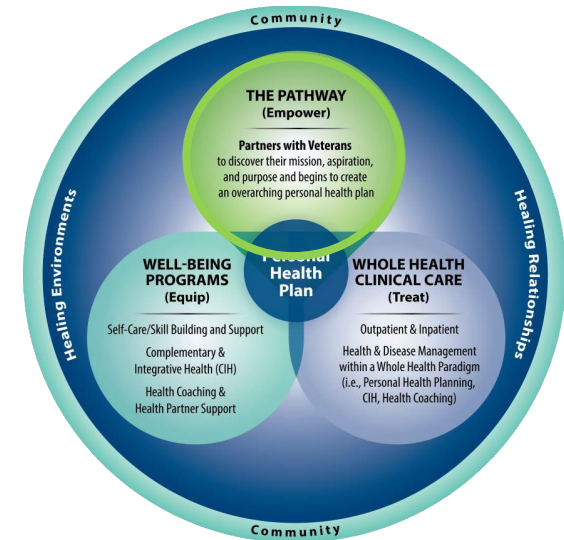
A 60-minute class that introduces Veterans to the Whole Health approach to care.

- **Taking Charge of My Life and Health**



A 6-week workshop that helps Veterans to identify their mission, aspiration, and purpose (MAP). Each session dives into an area of self-care on the Circle of Health. Veterans will create a personalized health plan with specific goals and action steps.

- **Whole Health Coaching**




Guided conversations to assist Veterans in exploring What Matters Most.



Personal Health Inventory (PHI)



MyStory: Personal Health Inventory






MyStory

Personal Health Inventory


Office of Patient Centered Care and Cultural Transformation

Revision 20 October 7, 2013






U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Patient Centered Care and Cultural Transformation



Personal Health Inventory

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 values and aspirations. 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.




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

Physical Well-Being				
1	2	3	4	5
Miserable				Great


Mental/Emotional Well-Being				
1	2	3	4	5
Miserable				Great

Life: How is it to live your day-to-day life?				
1	2	3	4	5
Miserable				Great

What do you live for? What matters to you? Why do you want to be healthy?
Write a few words to capture your thoughts:



YOUR MISSION
FOR LIFE



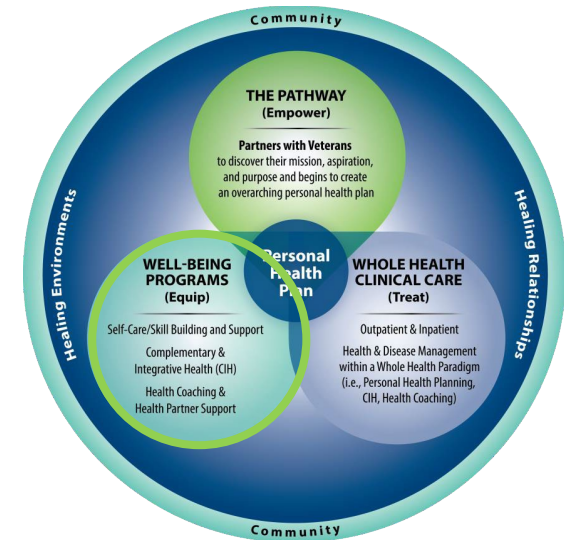
Whole Health for Veterans – Well-Being Programs

Well-Being Programs

Group programs to assist Veterans in achieving their health and wellness goals. Groups include mindfulness, art for well-being, writing for well-being, yoga, tai chi, photography, stretching, and more!

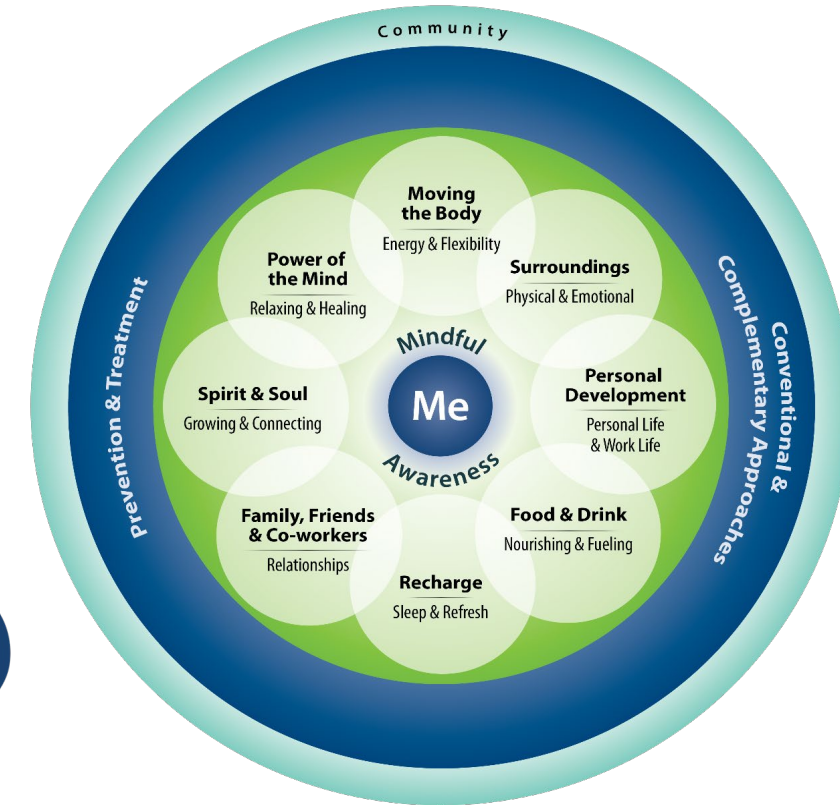
Whole Health Skill Building Groups

Skill Building Groups explore each of the eight circles of self-care; Moving the Body, Surroundings, Personal Development, Food & Drink, Recharge, Family, Friends & Co-workers, Spirit & Soul and Power of the Mind.



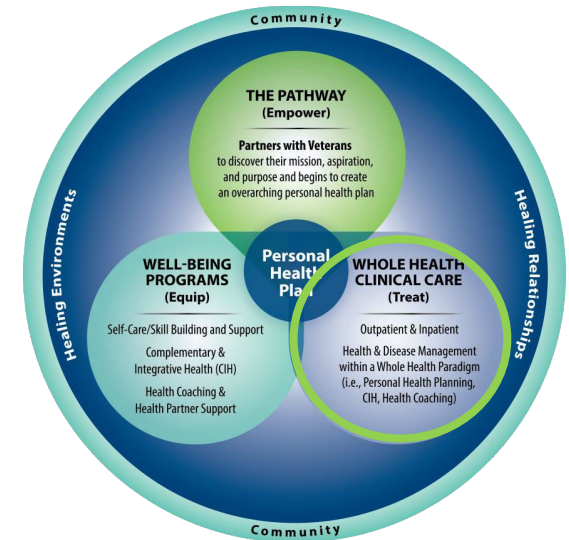
8 Areas of Health

- Moving The Body
- Surroundings
- Personal Development
- Food & Drink
- Recharge
- Family, Friends & Coworkers
- Spirit & Soul
- Power of the Mind

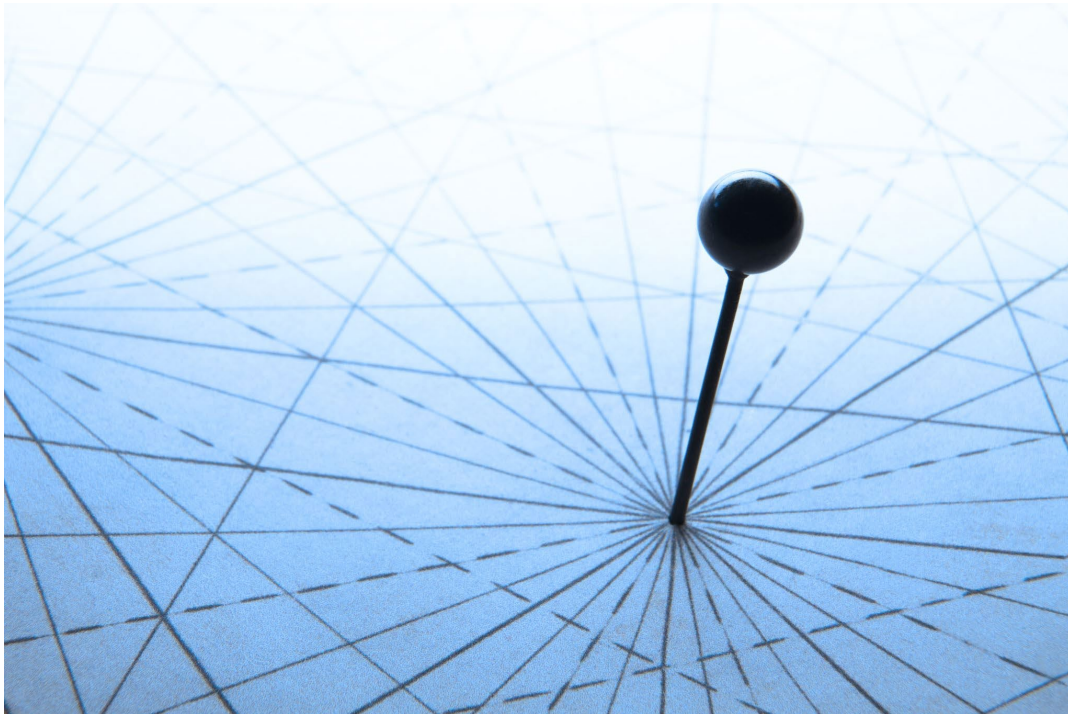


Whole Health for Veterans –Clinical Care

- Excellent clinical care
 - Effective communication
 - Healing relationship over time
 - Therapeutic presence
 - Consideration of all factors impacting health
- Align with what matters most to a Veteran
- Empower Veterans to live their lives fully
- Equip Veterans with resources & supports to meet goals



Mapping To The Map



What is your **MISSION, ASPIRATION & PURPOSE (MAP)** for health?

Personal Health Planning begins in Mapping to the **MAP**.

An individual's Mission, Aspiration & Purpose provides direction for all interventions and recommendations.

Major Internal Collaborations

- Primary Care
- Mental Health and Suicide Prevention
- Pain Management
- Veterans Canteen Service
- Caregiver Support Program
- High Reliability Organization
- Women's Health
- Geriatrics and Extended Care
- Diversity/Equity/Inclusion

IHI Age-Friendly
Health System

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VHA THREAD
The High Reliability Experience and Actions Discussion

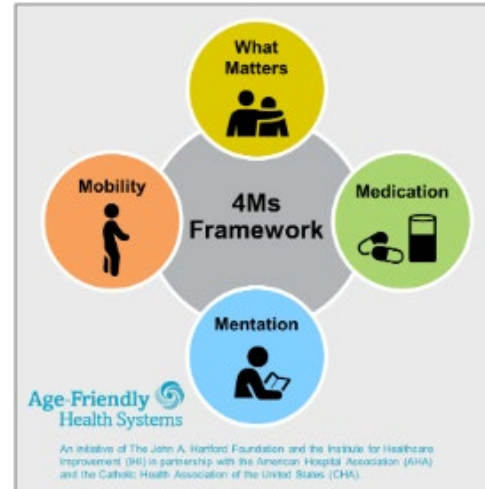
An MS Teams virtual event

April 27-28, 2022
Attend the third iteration of the VHA THREAD to learn about how HRO and Whole Health synergize throughout VHA.

VHA's JOURNEY TO
HIGH RELIABILITY
Your Care Is Our Mission.

VA U.S. Department of Veterans Affairs

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What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

BeWell
#LiveWholeHealth

Partners In
Your Health



Whole Health- What Next?

Take the road toward better health.

- ☐ Complete your own Personal Health Inventory (PHI) The PHI is a tool to help explore what we want our health for and why.
- ☐ Ask yourself the following questions:
 - *“What REALLY matters to you in your life?”*
 - *“What brings you a sense of joy and happiness?”*
 - *“What do you want your health for?”*
- ☐ Get involved with Whole Health (Well-Being Programs or Health Coaching)
 - 603-624-4366 x5046
 - VAMCMANWholeHealth@va.gov
 - Brady Sullivan Tower, Suite 1000 (10th floor), 1750 Elm Street, Manchester, NH 03104

Veteran Resources and Professional Resources




VA » Health Care » Whole Health

Whole Health

- ▼ Whole Health
 - Home
 - ▶ Get Involved
 - ▶ **Veteran Resources**
 - ▶ Professional Resources
 - ▶ Circle of Health
 - Feature Stories
 - Whole Health Library
- ▶ More Health Care

QUICK LINKS

- Hospital Locator
 - Zip Code
 - Go
- Health Programs
- Protect Your Health



Read Veteran Stories

Read stories featuring Veterans across the country who have chosen to live Whole Health for themselves, their families, and their communities.

[Learn more »](#)

[Read Veteran Stories](#) [Discover What Matters](#) [Getting Started](#)

What is Whole Health?

Whole Health is VA's cutting-edge 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 means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

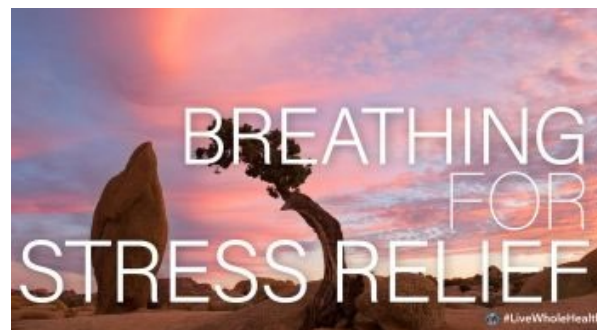
Find out how you can #LiveWholeHealth from home through [VA's ongoing self-care blog series](#). This series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home to live healthier and happier.

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#LiveWholeHealth Self Care Resources

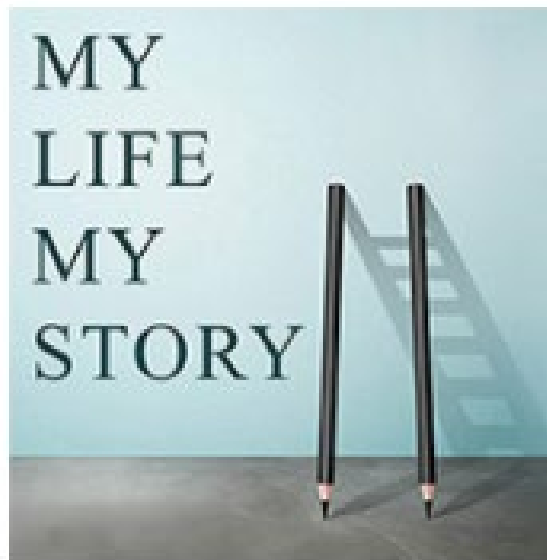
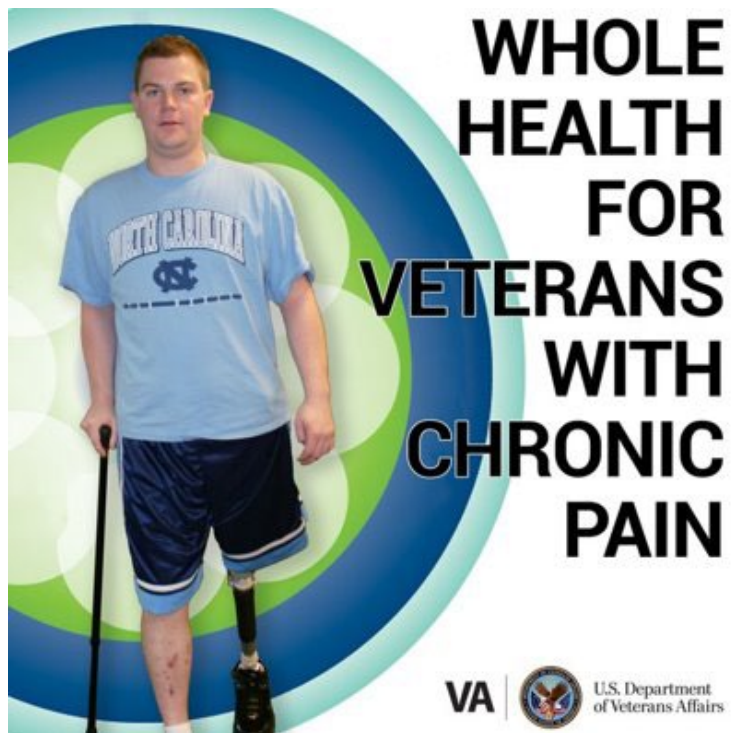
#Live Whole Health

134 YouTube videos

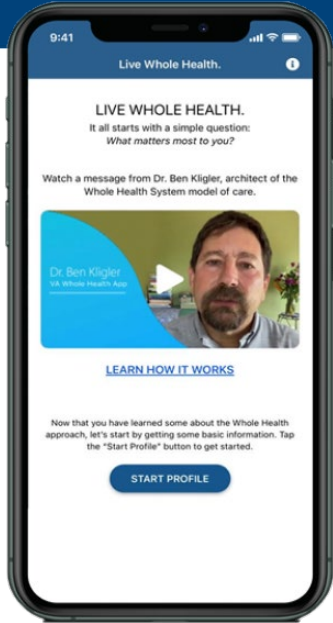


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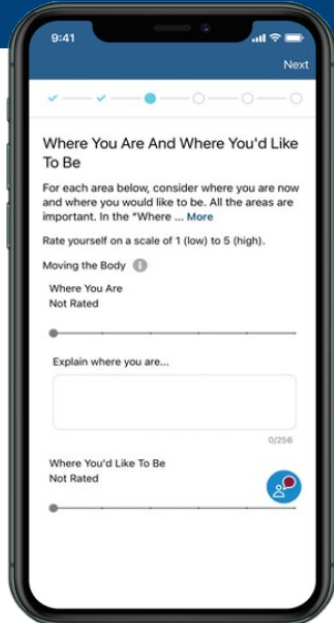
Whole Health Podcasts



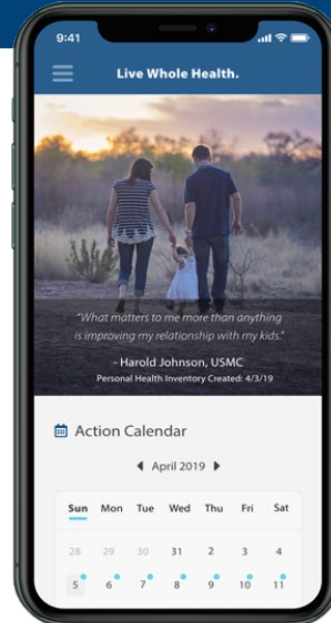
Live Whole Health Mobile App



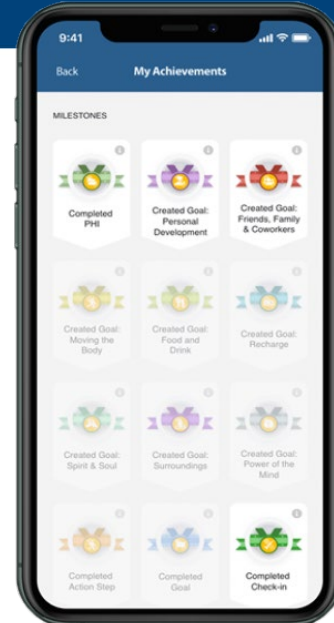
Create Profile



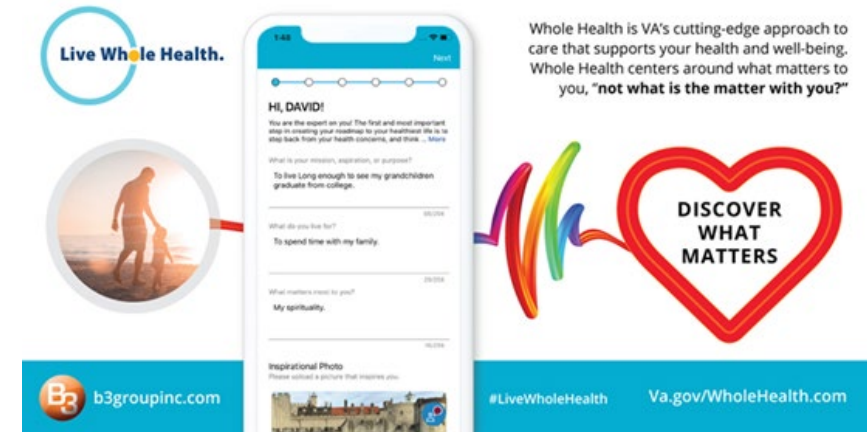
Set Goals



View Calendar



Earn Badges



- Develop a **personal health strategy** improving overall health and well-being.
- Guides the user through a **Personal Health Inventory** and helps create relevant SMART goals with actionable steps to achieve goals.
- Search LiveWholeHealth & download the app today!



Live Whole Health.

Questions?