

What Does a Health Coach do?

Your health coach will assist you with exploring your interests, aspirations and purpose by using nonjudgmental exploration and guiding you through the Personal Health Inventory (PHI).

The PHI guides you in creating a unique plan for living based on your personal values, preferences, and lifestyle.

Your health coach will connect you with VA and community resources to help you achieve your goals. Also often these resources are a combination of self-care strategies. This includes traditional medicine, as well as Complementary and Integrative Health (CIH) care.

As you progress, your health coach will continue to provide you with encouragement by integrating your positive progress while providing accountability.



For more information about Milwaukee Whole Health offerings, please contact:

414-334-2000 extension 43011

For more information about Whole Health offerings at Appleton or Green Bay (MIRAC), please contact:

920-431-2800 extension 72888



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VA



U.S. Department
of Veterans Affairs



Whole Health
Connecting Your Health
to What Matters to You

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Milwaukee, Wisconsin

What is whole health?

Whole Health is a person-centered approach to health care that puts you, not your diagnosis or disease, at the center of your health care.

Your full health-care provider will continue to address and treat your presenting medical concerns, but will also ask you, "What do you want your health to be?"

This change in conversation from "What's the matter with you?" to "What matters to you?" allows your full providers to work alongside you to create a personalized health plan.

Health is much more than the absence, or management, of disease or chronic illnesses. Being healthy also means you are living your life to fullest—based on what's important to you.

Why whole health?

Did you know that lifestyle is a large part in approximately 80% of chronic diseases?

Through Whole Health, we are committed to aligning your health with your lifestyle, day-to-day goals, and lifelong dreams.

Once you discover, or rediscover, what gives you a sense of purpose, you can develop a plan to improve your health and well-being in a way that works best for you.

The Circle of Health

To exemplify operations such as, "What do you live for?", "What matters to you?", and "Why do you want to be healthy?" you will be encouraged to reflect on the eight components of health and well-being shown below.



How can I get started?

• Introduction to Whole Health

This step is geared to groups across health-related educational disciplines about Whole Health. You will learn about the Whole Health approach and its tool (beyond your disease, injuries, and/or disabilities). This will help you focus on living a healthier, purpose-filled life.

• Taking Charge of My Life and Health

This is a six-week, supportive group where you will discover new skills to better manage your health while focusing on what is important in your life. Registration required.

• Health Coaching

Health coaching is offered in groups or one-on-one to help you develop a personalized health plan based on what matters most to you. Health Coaches seek to support you in achieving your goals based on your preferences and lifestyle. Registration required.

• Group Coaching vs. Individual Coaching

Group and individual coaching will improve your health and well-being throughout setting. You get to choose which type of coaching you prefer.

Group coaching has the added benefit of watching others make positive changes. The community atmosphere and an increased sense of responsibility for the goals you set. This provides incentive and camaraderie to explore ways for you to achieve your own health goals. It also allows for the chance to brainstorm ideas and receive additional support in reaching your health goals.