

Whole Health & Healthy Living Program Navigator

**Have you thought about what matters most in your life?
We can support you throughout your health and well-being journey at VA Salt Lake City.**

To learn more about any of the offerings below, ask your provider or reach us at the number listed.

Copays are individual to Veteran.

Program Name	Program Description	Contact	In-Person	Virtual*
Whole Health Coach	Coaches support Veterans in behavior change to achieve health and life goals.	801-588-5991	X	X
Introduction to Whole Health	Learn about Whole Health and connect with programming across the VA.	801-588-5991	X	X
Taking Charge of My Life & Health (TCMLH)	Group class where Veterans practice goal-setting, skill-building and self-management to improve health and well-being.	801-588-5991	X	X
Complementary & Integrative Health (CIH)				
Acupuncture	This modality, where very fine, solid needles are inserted into the skin, has been found helpful for an array of conditions, including neuropathy, anxiety, insomnia, and more.	801-588-5991	X	
Alpha-Stim	Alpha-Stim utilizes microelectrical currents through a hand-held device to assist in pain management, anxiety, and insomnia.	801-588-5991	X	X
Biofeedback	Using special equipment, biofeedback can help Veterans understand and improve their body's reactions to stress, anxiety, chronic pain, and more.	801-588-5991	X	
Clinical Hypnosis	Useful to reduce symptoms of anxiety and stress, hypnosis can help Veterans enter into a deep state of relaxation to deepen focus on ideas, words, or images that match the Veteran's health and treatment goals.	801-588-5991	X	X
Guided Imagery	Veterans use their senses and imagination to create positive changes to their health and well-being.	801-588-5991	X	X
Horses Helping Veterans	A series of outpatient classes designed for Veterans to practice mindfulness, self-compassion, stress-management, and enhance interpersonal relationships. This course series may be particularly beneficial for those who have experienced trauma or moral injury.	801-588-5991	X	
Mindfulness & Meditation	Veterans learn to focus on their breath, body, and surroundings to increase awareness, acceptance, and peace. Opportunities to participate in affinity groups are also available.	801-588-5991	X	X

Program Name	Program Description	Contact	In-Person	Virtual*
Tai Chi/Qigong	Slow-moving, intentional movement to enhance health and vitality.	801-588-5991		X
Yoga	Apply breath work, breathing techniques, movement, meditation, and relaxation to improve mental, emotional, and spiritual well-being. Available for all abilities.	801-588-5991		X
Nutrition	All general Nutrition referrals and group classes, including Intuitive Eating, and Healthy Body, Healthy Mind.	801-582-1565, ext. 3460	X	X
Whole Health Nutrition	Individual whole health nutrition referrals, as well as group classes including the Healthy Teaching Kitchen cooking class and a gut-health class.	801-582-1565, ext. 1368	X	X
Diabetes Self-Management Education (DSME)	Comprehensive diabetes management course training Veterans to manage blood sugars and live well.	801-582-1565, ext. 2936	X	X
MOVE! Weight Management Program	Individual home program, as well as group classes with coaching to support healthful eating and increased movement to optimize Veteran's health and quality of life.	801-582-1565, ext. 2149	X	X
Tobacco Cessation	A 6-week, bimonthly course to support tobacco cessation through behavioral strategies, coping tools, education, medications, and text support. Call regarding availability for in-person classes.	801-582-1565, ext. 5587		X
EnhanceFitness	A class meeting 3x/week for one hour- improve flexibility, stability, strength, and aerobic condition.	801-582-1565, ext. 2691		X
Living Well with Chronic Conditions (LWCC)	Engage with other Veterans to learn life-skills and better manage ANY chronic condition.	801-588-5991	X	X
Walk with Ease	Help Veterans make physical activity a part of their everyday lifestyle.	801-582-1565, ext. 2149	X	
Lifestyle Medicine for Chronic Pain Group	This 8-week class teaches the 6 pillars of Lifestyle Medicine (plant-based eating pattern, exercise, restorative sleep, stress management, social connectedness, and avoidance of risky substances) as they relate to management of chronic pain. This class emphasizes goal-setting and lifestyle behavior change.	801-588-5991	X	X
Vet-to-Vet	A Veteran led virtual support group for Veterans living with chronic pain. This is a drop-in, weekly offering.	801-588-5991		X

Need device to participate in virtual appointments? If yes, ask your provider to request a Telehealth consult for a Digital Divide Tablet.



For more details on our Whole Health and Complementary Integrative Health Programming, scan the QR code.



For more information on Nutrition classes available, scan the QR code.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Salt Lake City Health Care System

Live Whole Health.

Healthy Living
Healthy Living Matters. Prevention Works.