

# LESBIAN, GAY, BISEXUAL, TRANSGENDER, AND QUEER WHOLE HEALTH CARE

## LGBTQ+ Health Program and Whole Health

October 2024 V1

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Veterans face increased health risks and unique challenges in accessing quality health care. The Veterans Health Administration (VHA) aims to be a national leader in health care for LGBTQ+ Veterans and provide high-quality care in a person-centered, respectful environment.

### WHAT IS WHOLE HEALTH?

Whole Health supports your health and well-being and what matters to you. VA wants to focus on health instead of disease. VA supports LGBTQ+ Veterans discovering their paths to health and well-being. This means your VA health care team will get to know you as a person to develop a personalized health plan based on your values, needs, and goals. There are stressors related to LGBTQ+ identities that may impact well-being. Whole Health is an approach to care that can support your overall well-being.

### WILL WHOLE HEALTH HELP ME?

Veterans who use Whole Health services report managing stress better. Veterans with chronic pain who use Whole Health services have reduced opioid use compared to those who did not use these services. Veterans who use Whole Health have success with weight loss, improved mental health, lower blood pressure, and better health outcomes.

### START YOUR WHOLE HEALTH JOURNEY TODAY



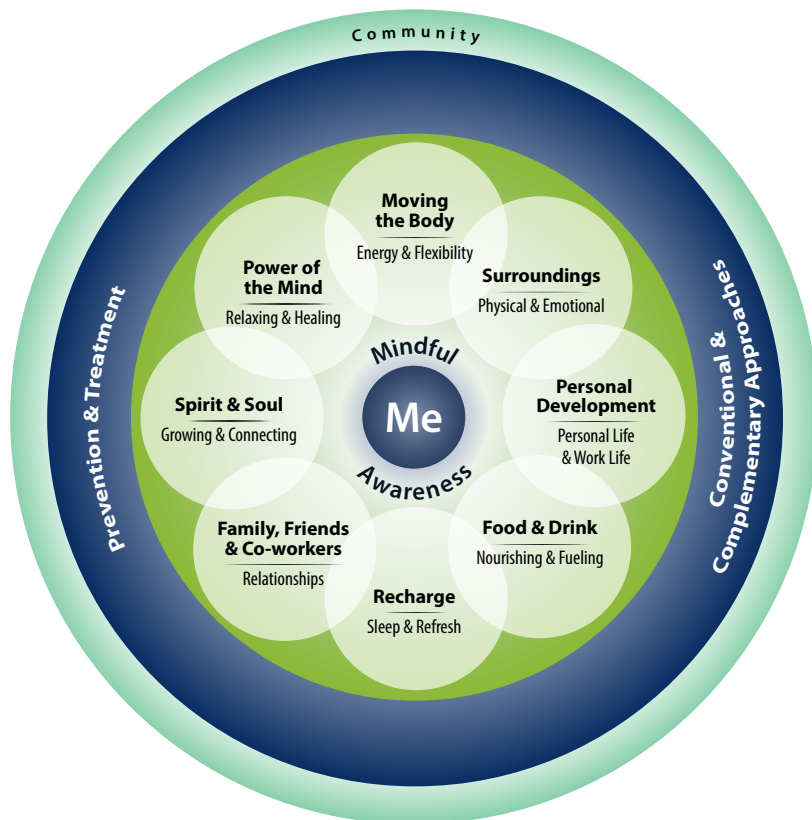
Check out the Whole Health information, tools, and resources [www.va.gov/wholehealth](http://www.va.gov/wholehealth).



Learn more about LGBTQ+ Health <https://www.patientcare.va.gov/LGBT/>

### HOW IS WHOLE HEALTH DIFFERENT?

Whole Health puts you in control of your care. It focuses on self-care and skill building and gives you support. The Whole Health approach is not diagnosis or disease based. Veteran's personal health goals are front and center. Veterans can use stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, health coaching, and more. You don't have to wait until something is wrong to get started on your well-being. You can set goals based on what is important to you. Your health team will partner with you on your goals.



U.S. Department of Veterans Affairs