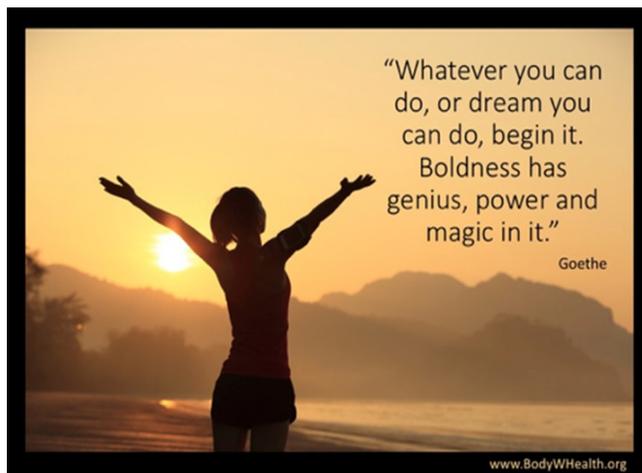


## Health Coaching: A Journey Towards Optimal Health & Well-Being

Health coaching encourages behavior change and lifestyle modification to reverse or curb the impact of chronic multisymptom illness. The health coaching approach aims to inspire and to advocate and it operates in the framework of growth and development. Veterans partner with health coaches, who guide and support them in co-creating their vision and goals for optimal health, engaging in self-discovery, and taking action steps to create well-being.



Study PI:  
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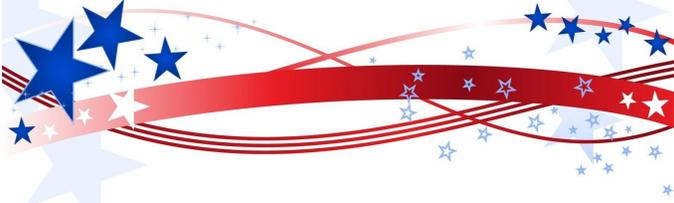
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## Assessing the impact of the Washington DC War Related Illness and Injury Study Center (DC WRIISC) Health Coaching Program





## Study Objective

This study will explore the long term effectiveness of health coaching as an intervention to decrease symptom severity, increase quality of life, and enhance overall well-being among Veterans with chronic multisymptom illness.

## Who can participate?

Open to eligible Veterans who are interested in receiving healthcare and follow-up health coaching intervention at the DC WRIISC. Eligible Veterans who wish to receive health care at the DC WRIISC, but do not want to enroll in the health coaching clinic are still able to participate in the study and may select to only complete on-line questionnaires.



## What will I have to do?

The study takes an integrative approach, using

- ◆ **VA’s Personal Health Inventory:**  
you’ll complete a survey to align your goals with lifestyle changes.
- ◆ **WRIISC Clinical Recommendation:**  
you’ll receive recommendations from our interdisciplinary health care team.
- ◆ **VA’s Whole Health Coaching:**  
you’ll connect integrative health practices that can support you in your journey.

Coaching sessions are held for 30-60 minutes weekly or bi-weekly for a duration of 6 months. The sessions occur over VA Video Connect (or by phone). All participants will receive a Fit Bit—a wearable device that can help you stay motivated and improve your health by tracking daily activity through movement and heart rate.

**Self-assessment questionnaires** are completed at baseline, 3, 6, 12, and 18 months.



## Impact

DC WRIISC health coaching is structured in a manner that adheres to VA’s Whole Health model of care that asks, “*what matters to you, not what is the matter with you.*” Also, clinically guided health coaching integrates clinical recommendations provided by the DC WRIISC (e.g. weight loss), with health behaviors (e.g. physical activity, sleep, nutrition, social activity, and mindful meditation) aimed at improving quality of life and overall wellness in a manner that connects with your individual goals (e.g. playing with grandkids). This study hopes to see how this approach may decrease symptom severity and increase well-being of treatment seeking Veterans with chronic illness.

## Wellness Vision



## Focus Areas & Goals

