

NWI HEALTH CARE SYSTEM VETERAN WHOLE HEALTH RESOURCES

The Whole Health team wants you to know we're available virtually and ready to serve YOU!

The following services are available via telehealth and/or VA Video Connect (VVC):

Acupressure
Chiropractic
Health Coach
Health Psychology - Mindfulness for Stress
Integrative Nutrition
Massage Therapy
Movement Therapy – Yoga and Tai Chi
Tobacco Cessation
Introduction to Whole Health

For a full listing of services please visit our website at:

https://www.nebraska.va.gov/services/WholeHealth/Whole_Health_Programs.asp

To schedule, or for more information please call:

Omaha 402-599-2130
Lincoln 402-486-7822
Grand Island 308-395-3405



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Be sure to check out the following FREE resources available online or for download:

Breathe2Relax



Breathe2Relax is an app for stress management. It provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

COVID Coach

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp



The COVID Coach app was created to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

Mindfulness Coach

<https://mobile.va.gov/app/mindfulness-coach>



This mindfulness app offers a library of guided mindfulness exercises along with goal setting and tracking options. Enjoy the opportunity to experience an application that many of our patients use. Learn how mindfulness doesn't always mean sitting in silence!

Mood Coach

<https://www.mobile.va.gov/app/mood-coach>



Mood Coach is an app to learn and practice Behavioral Activation. This app is designed to help you boost your mood through participation in positive activities. You can plan with positive activities and track your progress.

Pain Coach

<https://www.mobile.va.gov/app/pain-coach-app-veterans>



Pain Coach offers helpful tools to track and manage pain. You can reference educational information about pain; track your pain using a daily pain diary and a monthly check-in; monitor your progress managing your pain and see tables and graph of changes in your pain level over time and; use techniques and tools to manage pain.

VA Video Connect

<https://www.mobile.va.gov/app/va-video-connect>



VA Video Connect allows Veterans and their caregivers to quickly and easily meet with VA health care providers through live video on any computer, tablet, or mobile device with an internet connection.

