The IHW Program at the Washington, DC Veterans Affairs Medical Center is pleased to offer a number of integrative wellness groups:

- Gentle Yoga
- iRest Yoga Nidra & Meditation
- Tailored Group Acupuncture
- Integrative Nutrition Workshops
- T'ai Chi & Qigong
- Whole Health Group
- Wellness Massage
- MBSR
- Integrative Medicine Physician Clinic

If you are interested in these services, please ask your provider to place a consult for the Integrative Health and Wellness (IHW) Program. After your provider places the consult, you will be contacted to schedule an orientation session. Attending the orientation is mandatory before participating in IHW Program services. Orientation length: Approximately 1 hour.

**Integrative Health and Wellness Program at the DC VAMC**
Room 1E 390 Phone: (202) 745-8000 x 53882

**Instructions for Providers**
To place a consult for the Integrative Health and Wellness Program, please use the instructions on the back of this flyer. Any VA provider can submit a consult to the IHW program. In order to complete the submission and have access to all the available services, clearance from a medical provider is **REQUIRED**.
Providers can follow these easy instructions to submit a consult for a Veteran who wants to participate in the Integrative Health and Wellness (IHW) Program Groups.

1. In CPRS, select the Veteran being referred.
2. Select the “Consults” tab on the bottom of the screen.
3. At the top of the screen, select “Action” then “New” then “Consult”.
4. Under “Consult to Service/Specialty” place the consult for “Integrative Health and Wellness Consult”.
5. Click the “Accept Order” button.
6. Select “Continue” after reading the details on the Service Prerequisites screen.

7. Complete all the fields of the consult.
   Be sure to indicate whether the veteran is:
   - accompanied by a caregiver or service animal
   - Wheelchair-bound

Clearance to participate from a Medical Provider is REQUIRED. If you are not a medical provider, notify the PCP to get clearance for the Veteran to participate.

Identify any conditions IHW providers should be aware of (e.g., spinal cord injury) and the reason for referral.

Select all services recommended for the Veteran. If referring for the integrative medicine physician, please provide your @va.gov email address.

Your referral will be sent to the IHW program coordinator and the Veteran will be contacted to be scheduled for the mandatory orientation session.
Whole Health for Pain and Suffering: An Integrative Approach

The IHW Program to nourish the body, mind, and spirit

The Integrative Health and Wellness (IHW) Program offers integrative and holistic services which aim to support the entire person, not just one symptom, at a time. They work alongside standard medical treatments and have been shown to improve quality of life and functioning for Veterans with diverse medical and mental health conditions. As a patient-centered care program, feedback is driven and completely voluntary.

Evaluations

All Veterans participating in the IHW Program services will be required to fill out questionnaires during their orientation for clinical purposes. Periodically, we may ask you to complete additional questionnaires to ensure that we are providing the best possible care for Veterans in our program.

Acupuncture is just one of the treatments available.

Quotes from DC VAMC Veterans Participating in the IHW Program:

"I now have less pain — I didn’t believe acupuncture could do that until it happened to me."

"Less pain, better sleep, overall relaxation."

"Stress level is down — Thank you for this. Please keep up the great work offered by this program for Veterans in need of relief."

IHW Program

50 Irving Street NW
Washington, DC 20422
Phone: 202-745-9800 ext. 53882
Email: vhaweswellness@va.gov

Patient Centered Care

Offering Veterans Patient Centered & Patient Driven Integrative Health Services

- Tailored Group Acupuncture
- Meditation
- iRest Yoga Nidra
- Gentle Yoga
- Qigong
- Tai Chi
- Wellness Massage
- Integrative Nutrition

VHA / Office of Patient Centered Care & Cultural Transformation    Revised August 1, 2017
TAILORED GROUP AURICULAR ACUPUNCTURE
Veterans with complex health concerns, stress, fatigue, and sleep difficulties may find relief with acupuncture. In this group, an experienced provider administers acupuncture needles to different points in the body called acupuncture points. In our groups, 5 acupuncture points on each ear are used. Our group auricular acupuncture is designed to restore balance and bring calmness to Veterans. This service is currently available in a drop-in setting, no appointment is necessary. All groups last for 1 hour, please arrive early for seating.

MEDITATION GROUP
Veterans with stress and sleep concerns may find relief with meditation. This guided meditation group is designed to increase relaxation and improve overall well-being.

IREST® YOGA NIDRA
Veterans with chronic stress and mental health concerns may benefit from guided meditation like iRest® Yoga Nidra. This practice induces deep relaxation and restoration and helps manage negative emotions and thought patterns.

GENTLE YOGA
Veterans with chronic pain may benefit from movement yoga. In this practice, Veterans combine gentle stretching with breath control to improve their well-being. Postures can be adapted for those with limited range of motion or mobility.

QIGONG & T’AI CHI
Veterans experiencing pain, stress, balance issues, and limited mobility may benefit from movement groups like Qigong and T’ai Chi.

Qigong is a traditional Chinese medicine discipline with roots in China dating back more than 2,000 years. Qigong practice focuses on aligning the breath with movement and increasing internal awareness to promote healing. Contemporary Qigong practice is influenced by traditional meditation and exercise as well as modern health and science principles.

T’ai Chi is a meditation that uses soft movements practiced by tens of thousands of people around the world. T’ai Chi is found by many to foster peace of mind, improved health and improve overall sense of well-being.

WELLNESS MASSAGE
Veterans with chronic pain may find relief through massage. Massage is available as an individual appointment for a 30 minute session. Massage is not a drop-in service. To request a massage, please call 53082 or stop by 1E 390. You can schedule an appointment up to 30 days into the future. Appointments are made on a first-come-first-serve basis.

INTEGRATIVE NUTRITION
Veterans with a variety of health concerns, such as pain, digestive issues, diabetes, high blood pressure, stress, and fatigue, may benefit from our integrative nutrition groups.

Drop in Integrative Nutrition Workshop:
This group provides Veterans with whole health education specifically regarding the basic science of how nutrients affects mood and behavior.

Integrative Nutrition 8 Week Group:
Integrative Nutrition is an eight-week class series that provides veterans with an understanding of key nutritional concepts that support a healthy mind and body. The class places special emphasis on connections between food intake and mood, emotions, stress and energy levels. By the end of the eight weeks, veterans will increase their confidence in selecting healthy foods, food combinations, and snacks. Participants will also dispel myths about which proteins, fats and carbohydrates are truly healthy, and create a food journal to apply class material to real life.
# Integrative Health and Wellness Program Weekly Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Tailored Group Acupuncture</strong></td>
<td><strong>Wellness Massage</strong></td>
<td><strong>iRest Yoga Nidra Meditation</strong></td>
<td><strong>iRest Yoga Nidra Massage</strong></td>
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<tr>
<td>9:00-10:00</td>
<td>9:00-10:30</td>
<td>9:00am-12:00pm (30 minute sessions)</td>
<td>6:00-7:00</td>
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<td>1E 390</td>
<td>3B 114</td>
<td>1E-390 Clinic Room</td>
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<td><strong>Meditation</strong></td>
<td><strong>Taiored Group Acupuncture</strong></td>
<td><strong>Tailored Group Acupuncture</strong></td>
<td><strong>Wellness Massage</strong></td>
<td><strong>iRest Yoga Nidra Meditation</strong></td>
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<td>11:00-12:00</td>
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<td><strong>iRest Yoga Nidra</strong></td>
<td><strong>Taiored Group Acupuncture</strong></td>
<td><strong>Meditation</strong></td>
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<td><strong>Meditation</strong></td>
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<td><strong>Taiored Group Acupunctue</strong></td>
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<td><strong>Taiored Group Acupunctue</strong></td>
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<td><strong>Taiored Group Acupuncture</strong></td>
<td><strong>Gentle Yoga</strong></td>
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<td><strong>Nutrition Workshop</strong></td>
<td><strong>Taiored Group Acupuncture</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>Women’s Self-Discovery Workshop</strong></td>
<td><strong>Nutrition Workshop</strong></td>
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<td>2:30 - 4:00</td>
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<td><strong>Taiored Group Acupuncture</strong></td>
<td>4:00-5:00</td>
<td><strong>Taiored Group Acupuncture</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>Restorative Yoga</strong></td>
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<td>1E 390</td>
<td>3B 114</td>
<td>11:00-12:30</td>
<td>2:30 - 4:00</td>
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<td><strong>Taiored Group Acupuncture</strong></td>
<td>4:30-8:00 TBD</td>
<td><strong>Taiored Group Acupuncture</strong></td>
<td><strong>Nutrition Workshop</strong></td>
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<td>2:30 - 4:00</td>
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*Mindfulness Group (6 wk) 1:00 - 2:30 1E 390

*Tai Chi & Qigong Combo Group 11:00-12:00 Check-in: 1E 390

*Integrative Nutrition Group (8 wk) begins 7/11 2:30 - 4:00 3B 114

*Whole Health Pathway 4:30-8:00 TBD 1E 390

As of 06/13/17