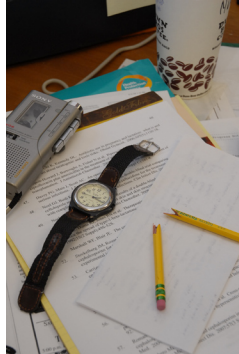


Wellness Is Now (WIN VA) is a Veterans' Administration-sponsored program to help all VA employees improve their health. The program offers free personal assistance on the Intranet and through individual and/ or group coaching sessions.

WIN VA is designed for all VA employees who want to find a healthy balance at home and work. WIN VA is for anyone who would like to exercise more, lose weight, improve his or her diet, manage stress, or stop smoking. If you are a VA employee, WIN VA is here for you.

### Ask yourself the following questions

- I would like to lose weight?
- I would like to exercise more?
- I would like to change my diet?
- I would like to stop using tobacco?
- I would like to manage my stress better?
- I would like to improve my health?
- I would like to try to improve my work environment?



If you answered yes to any of these questions, WIN VA may be able to assist you in making healthier choices.

You can get started by calling your WIN coach \_\_\_\_\_ at \_\_\_\_\_ or going to the WIN website at:

### What is the WIN difference?

WIN VA will help you by providing wellness coaching and tools to help you in making lifestyle changes. Wellness coaches are specially trained nurses and health professionals. They have knowledge in health promotion and are able to assist you in developing a personalized plan that will serve your needs.



If you simply want to find out where you are at, WIN can help you monitor what you eat, count your calories, compare your intake with what you actually burn (expenditure)-evaluate your energy balance, measure and work on stress, and check your overall wellness profile.

## Quit Tobacco

WIN can help you quit tobacco. WIN offers free nicotine replacement, relaxation tools, and coaching to help you end your use of tobacco. If you have tried to stop using tobacco without as much success as you would hope, WIN can help. If you are thinking of stopping, WIN can help.



### Getting started

Getting started or getting more information is simple. Follow these easy steps to be on your way:

- Go to the WIN VA web site \_\_\_\_\_
- Complete your Wellness Profile and StressMap
- Click on My Facility from the menu
- Select your location
- Click on “Contact my Wellness Coach” to get your coaches name and number
- Contact your Wellness coach directly by phone or e-mail to set up an appointment so you can get started working on the health areas you want to improve



..... or you may contact your Wellness coach directly by phone or e-mail at any time with questions.

Feel free to browse the WIN site for information on health and wellness. Repeat your Wellness Profile in 1 year and see how your health has improved with the changes you made.

## Keep up to date with WIN news:

Look for WIN news at \_\_\_\_\_ .  
You will find topics including healthier holiday recipes, exercise programs at your desk or at work, and tips to stop using tobacco. You can even monitor the daily canteen menu to find healthy choices.

## Browse the WIN site for interesting information

- **Home**- takes you to the main page
- **Event tab** – identifies events at all participating sites
- **My facility** – identifies things specific to your hospital
- **Resources** – Other valuable websites that may assist you in your wellness goals
- **Discussions** – blogs where you can ask questions, share recipes and other wellness tips.



## Program Evaluation

For the purpose of evaluating the effectiveness of the WIN VA program, data not personally identifiable may be collected and evaluated.



# WIN Wellness Is NOW



For all VA  
employees who  
want to find a  
healthy balance at  
home and work