

Providing an accessible, affordable, and versatile wellness solution for veterans and employees

John Miller, the Whole Health Clinical Champion at the VA Texas Valley Coastal Bend Health Care System in Harlingen, Texas, has turned to Wellbeats *Wellness*, a product of LifeSpeak Inc., as both a versatile, accessible tool for veteran care and an affordable whole-health and wellness benefit for employees.

John identified Wellbeats *Wellness* as a budget-friendly alternative to previously contracted services. The clinic saves money by using Wellbeats *Wellness* as a replacement for its group fitness classes.

Wellbeats *Wellness* has met the clinic's need for a fitness solution—and then some. It has allowed John and his staff to expand both offerings and accessibility. With classes spanning fitness, nutrition, and mindfulness, there's something for all veterans and employees, regardless of their interest, ability, or lifestyle.



VA Texas Valley Coastal Bend Health Care System

CLIENT SUMMARY

- Health care provider serving the deep south region of Texas
- 9 locations including the Harlingen VA Clinic, VA health care center, and 7 community-based outpatient clinics
- Approximately 1,000 employees

KEY CHALLENGES

- Support needs of both employees and veterans
- Expand number and type of previously limited group fitness class offerings
- Establish an affordable whole health and wellness solution

PROGRAM HIGHLIGHTS

- **Accessibility:** On-site and app-based solution
- **Integration:** Complements the clinic's whole-health delivery system for veterans
- **Engagement:** "The holistic approach really helps that inner core of all of us."

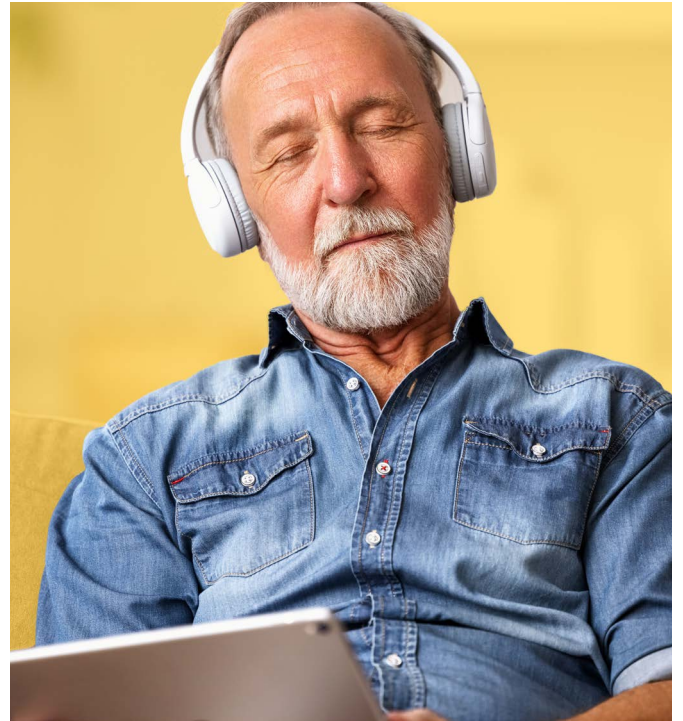
“We focus on what is important to the veteran and then help them develop a personal health plan surrounding the kinds of areas in their life that may be impacting their overall health and wellbeing in a negative fashion,” Miller said.

Accessibility has improved across the board with Wellbeats *Wellness*. Inside their facilities, Wellbeats *Wellness* content is available using a VA laptop and a TV; John uses a computer on wheels to make the system even more flexible internally. Wellbeats *Wellness* also allows the clinic to offer classes outside the facility on personal portable devices.

Wellbeats *Wellness* is currently available in five of John’s facilities, and over 20 percent of eligible Texas Valley Coastal Bend employees are already actively using the product.

“Classes are great, and we’ve had good utilization,” Miller said. “If the individual person says, ‘I just feel better,’ that’s a success.”

Veterans are enjoying Wellbeats *Wellness* as well. Navy veteran Sally P. was one of a handful of veterans who recently attended a Wellbeats *Wellness* Tai Chi class at the VA Outpatient Center in Corpus Christi.



“In the military, we served during wartime, and you know, wore ourselves out a little,” Sally said. “And, come here knowing there’s a place that cares about me—that looks at every aspect from psychology to medicine to the holistic nutrition—it’s just wonderful.”

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—JOHN MILLER, WHOLE HEALTH CLINICAL CHAMPION

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