

**Date:** October 26, 2017

**From:** Director, Integrative Health Coordinating Center, Office of Patient Centered Care and Cultural Transformation (10NE)

**Subj:** VHA Directive 1137 Provision of Complementary and Integrative Health

**To:** Medical Center Director (00)

**Thru:** VISN Directors (10N1-23)

1. Whole Health is an approach which emphasizes Veteran empowerment and self-care in the larger context of well-being, and incorporates a full range of conventional and complementary and integrative health approaches. These approaches can be particularly impactful for Veterans dealing with pain and mental health issues, including suicide prevention. VHA Directive 1137 Provision of Complementary and Integrative Health (CIH) was approved by the Acting Under Secretary for Health on May 19, 2017 establishing policy regarding the provision of CIH approaches. Please [click here to download the directive](#). The directive and a frequently asked question document for the directive can also be found on the Integrative Health Coordinating Center (IHCC) SharePoint under Policy in the [CIH Directive folder](#)

2. As described in the directive, the IHCC in collaboration with the IHCC Advisory Workgroup (IHCCAW) has identified CIH approaches for inclusion in the Veteran Affairs' (VA) medical benefits package, referred to as "List I". These approaches have been vetted by IHCCAW and found to have published evidence of promising or potential benefit. VA must provide a mechanism to offer these approaches either within the VA facility or in the community if they are recommended by the Veteran's health care team. As of October 26, 2017 the list of CIH approaches approved by the USH includes:

1. Acupuncture
2. Biofeedback
3. Guided Imagery
4. Hypnosis
5. Massage Therapy
6. Meditation
7. Tai Chi
8. Yoga

The list is updated and maintained by IHCC, and can be found here:

<http://vaww.infoshare.va.gov/sites/OPCC/SitePages/IHCC-Approved-CIH.aspx>

3. The Office of Patient Centered Care and Cultural Transformation has developed the [Complementary and Integrative Health \(CIH\) Resource Guide](#) to provide a comprehensive review of CIH policy and implementation guidance within a VA setting.

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Additionally, IHCC is developing guidance and tools to support CIH implementation including but not limited to:

1. [Inclusion of CIH Patient Class in Price Group 4 of VERA in FY18](#)
  2. Tele-Whole Health
  3. Clinical guidelines for acupuncture, massage therapy, and chiropractic care
  4. Community Care standards for CIH
  5. Development of VISN CIH POC network
4. For CIH Field Implementation Questions Contact: Field Implementation CIH Specialty Team [VHAOPCCCTCIHSpecialtyTeam@va.gov](mailto:VHAOPCCCTCIHSpecialtyTeam@va.gov). For National CIH Program/ Policy Questions, Contact: IHCC Team Mailbox [vhaopcctintegrativehealth@va.gov](mailto:vhaopcctintegrativehealth@va.gov)



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