



Our Vitals: Wholeness

Building on our legacy of whole-person care



Our Vitals: Wholeness



As health care professionals, we know there is nothing more gratifying than helping someone conquer a life-threatening illness or recover from a devastating injury.

Within the walls of our facilities, we get to witness new life and second chances as we fulfill our mission.

But what if we could do more? What if health care focused on *whole* health and not just healing?

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At Adventist Health System, we believe true health comes from caring for everything that you are – physically, emotionally and spiritually.

We care for people when they are ill or injured, but we also support them in living a life that makes them *feel whole* – in body, mind and spirit.

This is a principle we call *Wholeness*, and it has been the foundation of the Adventist approach to health care for more than 150 years.



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In this lesson, you will begin exploring Wholeness, one of our five Vitals.

You will learn:

- Why Wholeness connects us to the rich legacy of care provided by Adventists
- How themes of Wholeness are everywhere in today's health care environment
- How Wholeness continues the approach we have been delivering for generations
- The action you can take to deliver Wholeness every day

Uncommon Compassion



Connected



Wholeness



Exceptional



Reliable



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This is how we define Wholeness:

Our philosophy of wholeness as expressed through CREATION Health, and our Seventh-day Adventist principles, are central to who we are and how we do our work. By leading in whole-person care and staying true to the vision of our pioneering founders, we authentically honor our Adventist legacy.

To understand more about our Vitals, [click here](#).



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Wholeness connects us to the rich legacy of the Adventist health tradition that began in the 1800s.

Back then, health care looked pretty different than it does today. Patients routinely endured barbaric and painful treatments for even the most minor ailments, and health tonics were often made from substances that are now considered harmful or illegal.



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In 1866, a group of people from the newly formed Seventh-day Adventist church were inspired to find a better way – a safer way – to help people heal.

These health care pioneers rigorously pursued new treatments for curing illness, and they also introduced ground-breaking practices that kept their communities healthier. *Click each photo to reveal examples.*



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Adventist pioneers believed that caring for the whole person encouraged healing for those who were sick, and supported ongoing wellness for those who were healthy.

Whole-person care also honored God's creation of each of us as whole individuals: mind, body and spirit.



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More than 150 years later, similar themes and messages of wholeness are everywhere, and experts widely agree that health involves many aspects of our lives.

Nutrition, exercise, rest, relationships and even our faith can have a profound impact on our overall well-being and longevity.

At Adventist Health System, we can truly own our expertise in whole-person care as we continue the legacy of those early caregivers. Wholeness differentiates our unique approach to care and has been the foundation of our work for generations.

