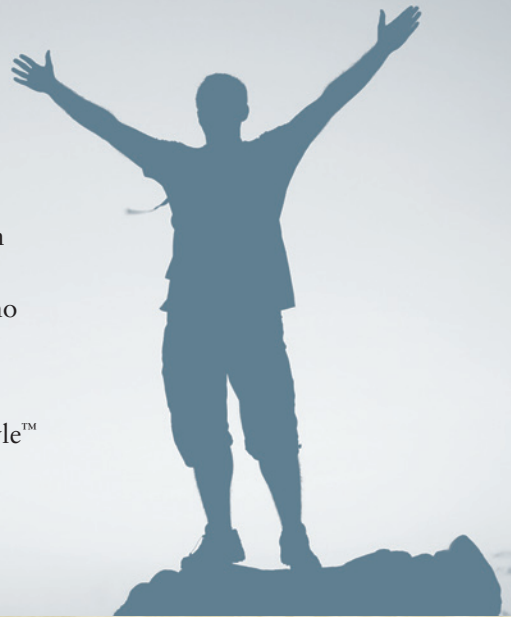


H³ DIRECT

Hilton Head Health, America's premier weight loss and health resort, prides itself on delivering an exceptional experience in Fitness, Nutrition and SELF (Stress management, Empowerment, Longevity, Fulfillment) through personal and interactive sessions designed for the individual who is ready to embrace a lifestyle change.

H³ Direct is a corporate wellness program facilitated by Hilton Head Health (H³). It is designed to take the inspiration of H³'s Healthy Lifestyle™ program and integrate it into your corporate environment.



WWW.HHHHEALTH.COM • 800 292 2440
getinspired@hhhealth.com

HILTON HEAD HEALTH
14 VALENCIA ROAD
HILTON HEAD ISLAND, SC 29928

Hilton Head Health



H³ Direct wellness programs vary depending on company size and services selected. To learn more about our personalized wellness programs or to customize your own program, contact Leah McDonald at 843-422-0464 or lmcdonald@hhhealth.com.

THE NEXT STEP



H³ DIRECT

THE BUILDING BLOCKS OF A HEALTHY CORPORATE ENVIRONMENT



**LET HILTON HEAD HEALTH
CREATE A CULTURE OF HEALTH
AT YOUR WORKPLACE.**

PROVEN RETURN ON INVESTMENT

Unlike other programs, we understand that in order to truly make a lifestyle change—one must not only be equipped with the knowledge and motivation, but he/she must enjoy it, which is why we will completely customize and design your program around your employees and their health goals.

WITH OUR COMPREHENSIVE PROGRAMS, YOU WILL SEE:

- > **HAPPIER AND HEALTHIER EMPLOYEES**
- > **IMPROVED PRODUCTIVITY AND MORALE**
- > **DECREASED HEALTH CARE COSTS**
- > **LOWER EMPLOYEE ABSENTEEISM AND TURNOVER**

WHY HILTON HEAD HEALTH?

You won't find another organization with the knowledge, experience or passion for a Healthy Lifestyle™ that we have! Let us bring H³ to you and your staff—the physical and financial benefits, personal and company-wide, speak for themselves. H³ Direct will create the change you are looking for in lifestyle choices and actions that will enhance the lives of every individual, and thus your organization as a whole.

**H3 DIRECT
PROGRAM
OFFERINGS**

In order to ensure that your company's health needs are met, we encourage you to customize your own program by selecting from our available services. All package and pricing vary depending on option selection, length and occurrence of program, as well as the number of employees.

ON-SITE WELLNESS EVENTS

- Kick-off Event
- 5K Run/Walk
- Health Fair
- Group Workshops
- Lunch N' Learn

**ONLINE EDUCATION
& SUPPORT**

- Webinars* facilitated by H³ Health Specialists
- E-Newsletters

INCENTIVE PROGRAMS

- Operation Health Challenge

**INDIVIDUAL
HEALTH ASSESSMENTS**

- Body Weight & Measurements
- Blood Pressure
- Blood Lipid Profile

CONSULTING SERVICES

- Fitness Center
- Cafeteria design

**INDIVIDUAL
CONSULTATIONS**

- Health Habit Review (30-Minute private session with H³ Health Specialist)
- Weight Loss Coaching
- Phone Coaching

**LOCAL HEALTH
PROFESSIONAL REFERRALS**

**TRAINING OF COMPANY
WELLNESS REPRESENTATIVE**

* Choose from topics including Nutrition 101, Stress & the Workplace, Meal Planning, Designing a Fitness Routine, Goal Setting, Tips for Healthy Restaurant Eating, and more.