

Membership at a Glance

Action Coaching Program \$249.99 a month (minimum 6 months)

Ideal for the individual who is ready to dive into lasting changes and needs support, motivation, accountability and an immense push to meet a goal.

- Initial Well-Being Coaching Session (60 – 90 minutes)
- Weekly Phone Coaching Sessions (30 minutes, Total 25)
- Weekly Text Challenges
- Monthly Group Webinars
- Individualized Guest Website
- Unlimited email support
- Three Culinary Consultations or Counseling Sessions (30 minutes)
- \$300 Hilton Head Health gift certificate (non-transferable) applied toward a future stay or In-house services such as personal training, personal assessments or massages
**Must be used within a year and only one certificate redeemable per visit*

Continuance Coaching Program \$219.99 a month (minimum 3 months)

Opportunity to make meaningful gains, feel supported, set new goals, and move forward to build on past accomplishments and current strengths.

- Initial Well-Being Coaching Session (60 – 90 minutes)
- Weekly Phone Coaching Sessions (30 minutes, Total 12)
- Weekly Text Challenges
- Monthly Group Webinars
- Individualized Guest Website
- Unlimited email support

Steady Coaching Program \$174.99 a month (minimum 3 months)

***ONLY available to coaching members who have completed the action or continuance program**

Supportive coaching for staying on track and developing in additional dimensions of wellness.

- Bi-Weekly Phone Coaching Sessions (30 minutes, Total 6)
- Weekly Text Challenges
- Monthly Group Webinars
- Individualized Guest Website
- Unlimited email support

*All members granted access to H3@Home FitBit Group page for online journaling

*Ability to use Skype for bi-weekly or weekly Phone Coaching sessions

BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM