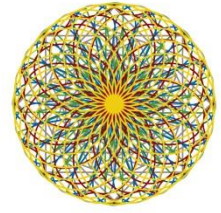


do you have
the internal resources & expertise needed
to run a comprehensive wellness program?



**most companies don't...
that's why we're here!**

ATTENTIVE
HEALTH

ATTENTIVE HEALTH

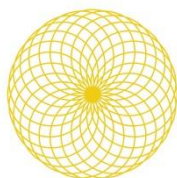
is a trusted business partner who will...

- ▶ bring **expertise, business acumen & real-world experience** to the table
- ▶ help you develop a **strategy for long-term success**
- ▶ **customize & tailor a program** for your organization's unique needs
- ▶ **drive the process** and shoulder the administrative burden
- ▶ provide best-practice, **cost-effective services** ensuring the best value for your budget
- ▶ **coordinate** the efforts of multiple vendors, increasing their utilization & value
- ▶ **measure & report** on results, according to your specific reporting needs

we integrate wellness
into the busy schedules of modern, everyday people
and provide them with tools to *build a better life...*



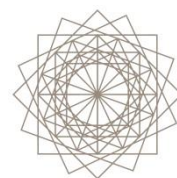
NUTRITION



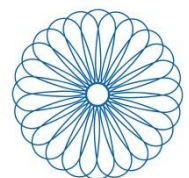
FITNESS



RELATIONSHIPS



CAREER / FINANCE



WELLBEING

it's not just business, it's personal...

In the fast-paced, drive-thru, blurry world we live in, we're more likely to text than talk. It is rare to spend even 20 full minutes reflecting on our life & health, much less spend that time with a professional: setting goals, reflecting on progress, and exploring solutions to our personal obstacles ... and yet: the act of simply being **attentive** lies at the heart of what it means to make sound choices.

*"the most valuable commodity of the 21st century will be undivided **attention.**"*

— PHIL COOKE

At Attentive Health, we focus on being personal, and of course: **attentive**. It's no surprise that impersonal websites or toll-free numbers don't get a lot of traction when it comes to highly personal concerns such as health and lifestyle changes: we all tend to engage better with someone we know and trust. This is why we assign a specific health coach to your organization, someone who can become the "face" of the program and become a trusted resource, not only as a "guide on the side" for life & health challenges, but also help employees navigate your program's options. Our coaches work with employees one-on-one or in groups, onsite, telephonically, or even via videoconference... whatever best meets the needs & interests of your organization. Ideally, this coach has a regular onsite presence for seminars, 1:1 coaching and other programs.

When we kick off the program to your employees, our President & Founder tells the story of her own personal health struggle & transformation... offering a real-life example of what is possible, as well as reassuring your team that we're not the "food police" & we don't have a hidden agenda; we're just a group of professionals who are passionate about helping people reach their goals ... one realistic step at a time.

balancing best practices with flexible solutions

Our background in employee benefits, healthcare & Human Capital management help us integrate industry best practices with innovative solutions to promote healthy living in a comprehensive way. Each program we build is unique, but here are a few examples from our toolbox:

core competencies	solutions
strategic consulting	LONG-TERM PLANNING COMMITTEE LEADERSHIP
	HR METRICS WELLNESS SCORECARD
education	SEMINARS WEBINARS
	WELLNESS CHALLENGES
coaching	INDIVIDUAL COACHING
	GROUP PROGRAMS WEIGHT, TOBACCO, STRESS
incentives	PASSPORT to HEALTH™ FLEXIBLE GOALS & REWARDS
	PAPER-BASED OR ONLINE ENGAGEMENT OPTIONS

When you're ready to get started, let's talk about what makes sense for your organization so we can work together to help you... and the rest of your team... **build a better life.**