



MEMBER GUIDE



Welcome to the H6FIT family!

The H6FIT HealthShield is your key to health and well-being. Our goal is to empower you to take back your health by providing you with the tools and support you need to create personalized wellness routines you look forward to every day.

Get Health Six FIT — Healthy Mind, Body, & Spirit Foundations to Last a Lifetime!

You'll start by taking the Health Shield Quiz that will give you your Health Shield Score on stress, nutrition, fitness, activity, and more.

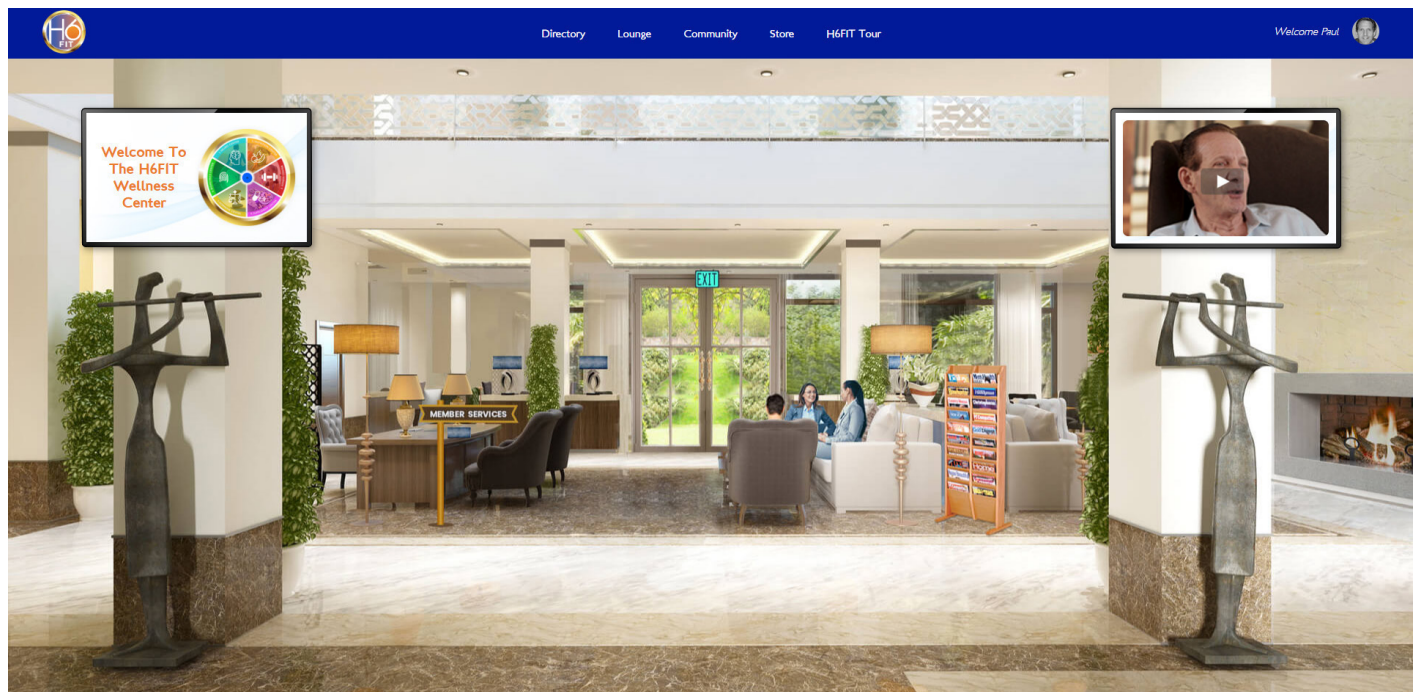
Next, fill out your H6FIT Health Shield Profile, including goals and other information to help you stay on track. Then you'll move on to experience **52 weeks of fun daily routines** to reduce stress and improve your immunity, strength, resilience, and vitality. We designed the H6FIT HealthShield to help you manage, reduce, or prevent the effects of chronic disease.

A new 52-week series starts every year.

We designed the subject matter to guide you step-by-step toward adopting personal wellness habits and routines that support your unique health needs.

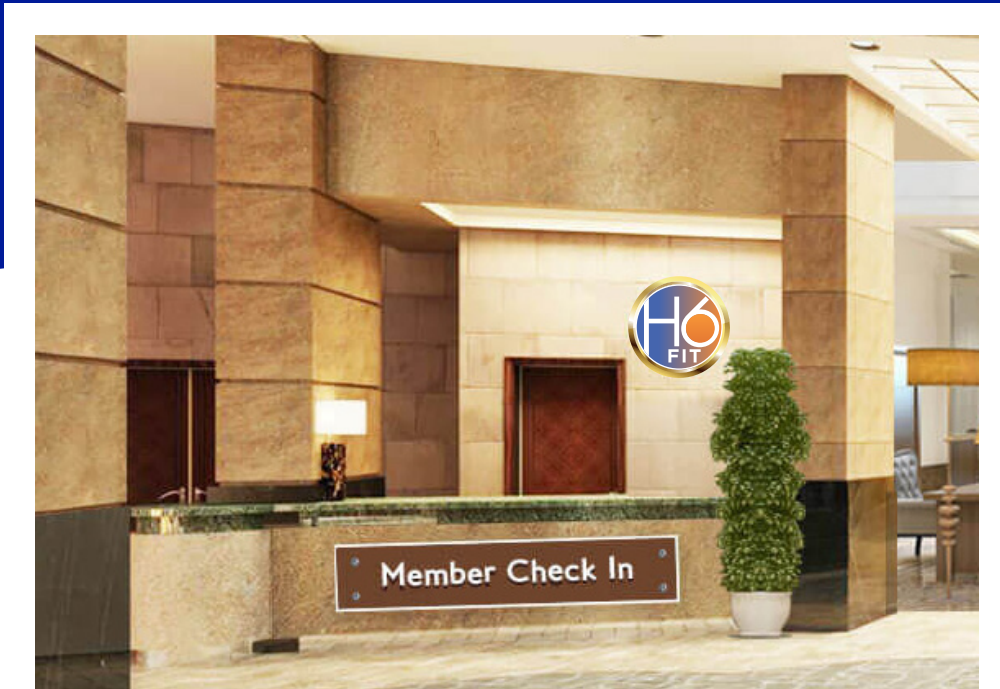
And remember to take advantage of your **52 weekly FIT wellness team check-ins** where you can ask questions, learn more, and develop relationships with your FIT wellness support team. You've joined our family, and we're here to support you on your health journey!

Your journey starts now!



Your tour begins in the **H6FIT Lounge**

Please check in at the Member Check In reception desk in the lobby.



H6FIT Reception Desk (Check In)

When you enter the H6FIT Lounge, click on the Welcome to the H6FIT Wellness Center Smart TV Panel in the upper left corner of the lounge to access your member services directory.



H6FIT Wellness Center Lounge Smart TV Panel

Start Here

In the lower blue menu bar of the Member Services Directory, click on H6FIT Tour .



The H6FIT Tour menu option will open the following screen.



H6FIT Tour Orientation & Personalization

Follow These Steps to Learn More About H6FIT, Personalize, and Begin Your Journey

*Click the Close link in the top right corner at any time to close the pop-up or go back to a previous screen.

Step 1: Click on "Introduction" and scroll down to read about your H6FIT Health Shield Journey. (2.5 minute read)

Step 2: Click Step 2 to Learn More About Your H6FIT Health Shield Score

Step 3: Click Step 3 to Take the H6FIT Health Shield Quiz

Step 4: Click Step 4 to Meet the H6FIT Team

Step 5: Click Step 5 and Take the Pledge!

Step 6: If you haven't filled out your H6FIT Health Shield Profile, please complete it now. Please click Step 6 in the tour and complete your My Profile details. Setting your goals will help us understand how to help you.

Explore the H6FIT Wellness Center

Start Here




H6FIT Member Services Directory

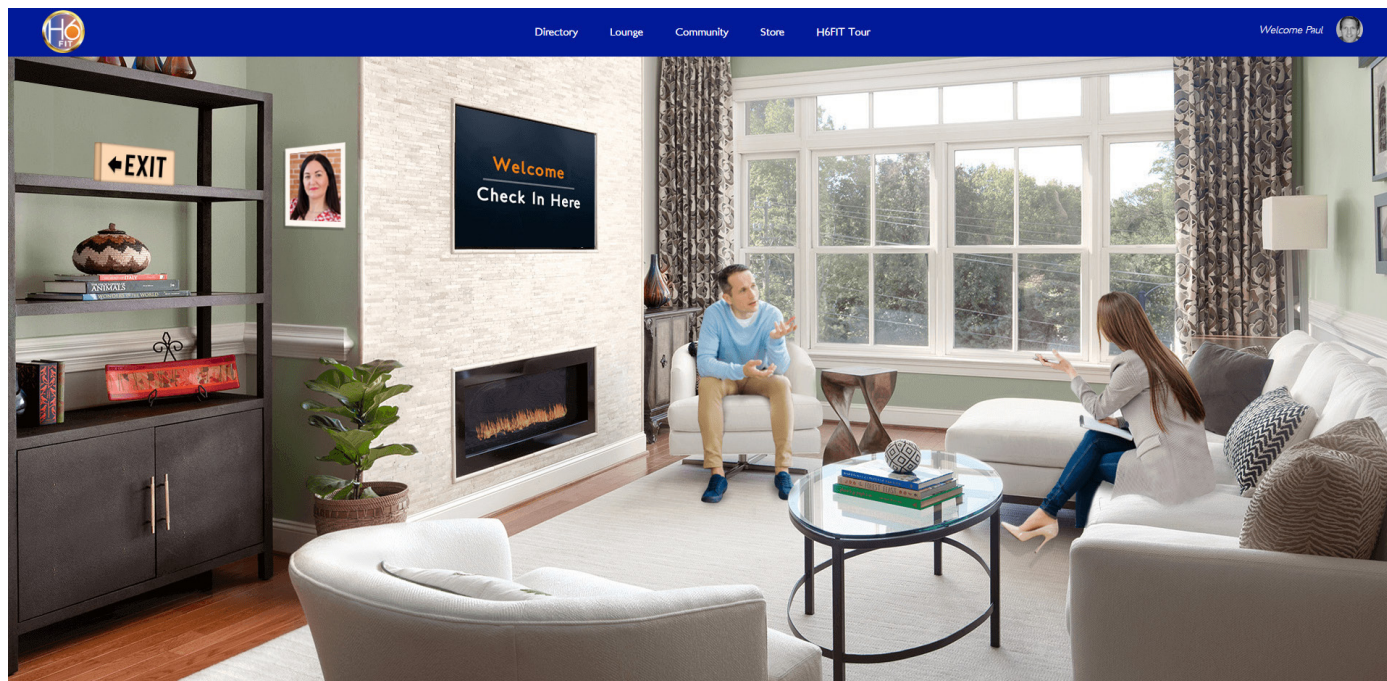
- Click the “Close” buttons in the right-hand corner until you’ve returned to the **Member Services Directory** main menu as seen above.
- Hover your cursor over the H6FIT Health Shield Centers. The H6FIT Health Shield is your gateway to the 6 foundational Health Shield Centers.



Let's briefly explore each center!

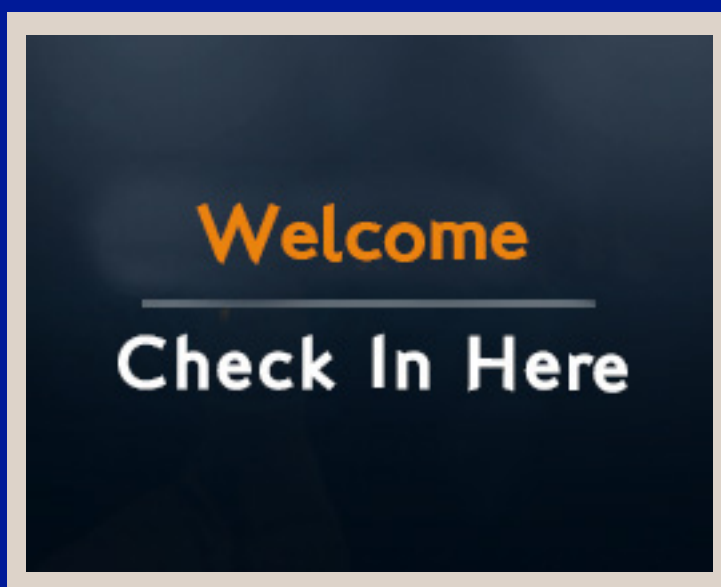
H6FIT Neuroscience Center

- Hover your cursor over  the Neuroscience Center (#1) and click on it. This will open the Neuroscience Center



H6FIT Neuroscience Center

- Click on the picture of Samantha Burton to learn more about her.
- Find the H6FIT Smart TV Panel and click on it.



H6FIT Neuroscience Center Smart TV Panel

- This will open the Membership Services Menu for the Neuroscience Center.



H6FIT Neuroscience Center Membership Services Menu

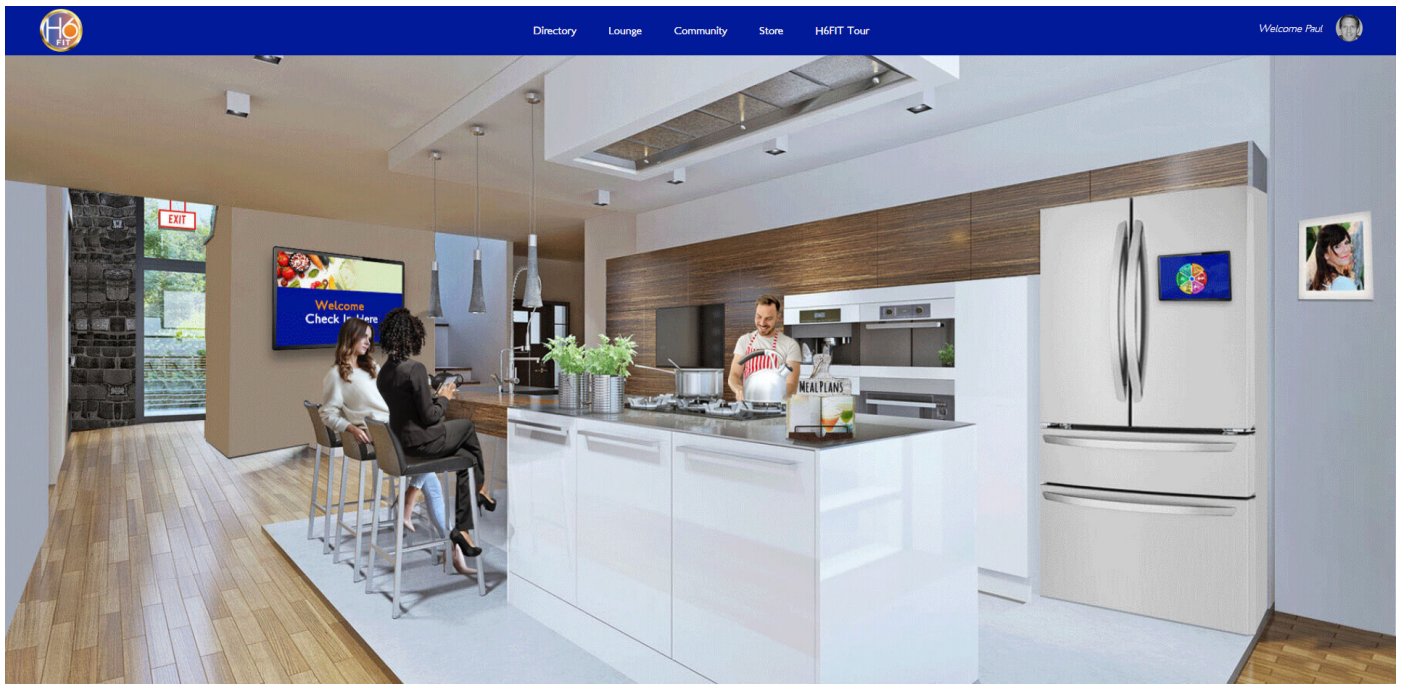
- Go ahead and explore. Click the close button to go back to a previous screen.
- When you're done exploring, click the close button to close the Neuroscience Center Membership Services Menu.
- Click the Exit sign on the bookshelf to return to the Member Services Directory.



Exit Sign

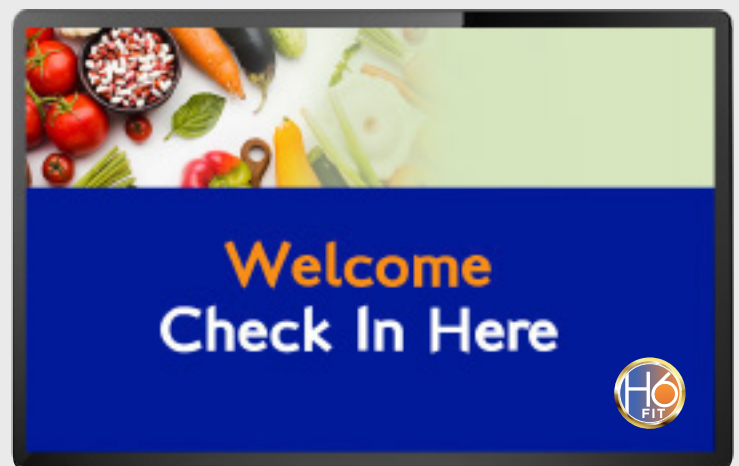
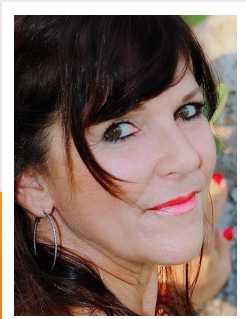
H6FIT Nutrition Center

- Hover your cursor over  the Nutrition Center (#2) and click on it. This will take you to the Nutrition Center.



H6FIT Nutrition Center

- Click on the picture of Dina Radcliffe to the right of the refrigerator to learn more about her.
- Click on the Smart TV Panel on the back wall.



H6FIT Nutrition Center Smart TV Panel

- This will open the Nutrition Center Membership Services Menu.



H6FIT Nutrition Center Membership Services Menu

- Go ahead and explore. Click the close button to go back to a previous screen.

- Click the cutting board on the counter to access the Nutrition Center Meal Planning & Recipe Guide



Meal Planning & Recipes


- When you're done exploring, click the close button to close the Nutrition Center Membership Services Menu.

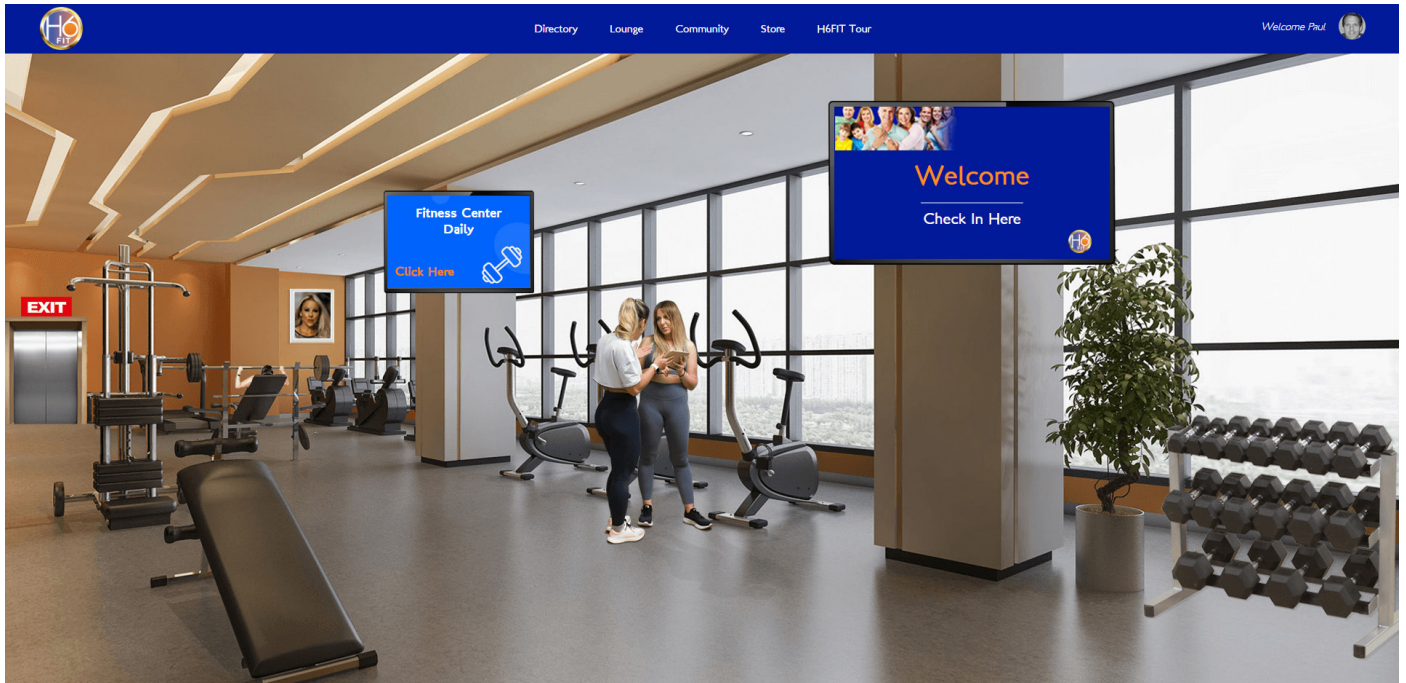
- Click the Exit sign on the back wall to return to the Member Services Directory.



Exit Sign

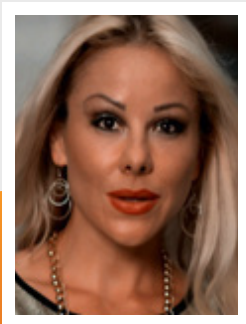
H6FIT Fitness Center

- Hover your cursor over  the Fitness Center (#3) and click on it. This will take you to the Fitness Center.



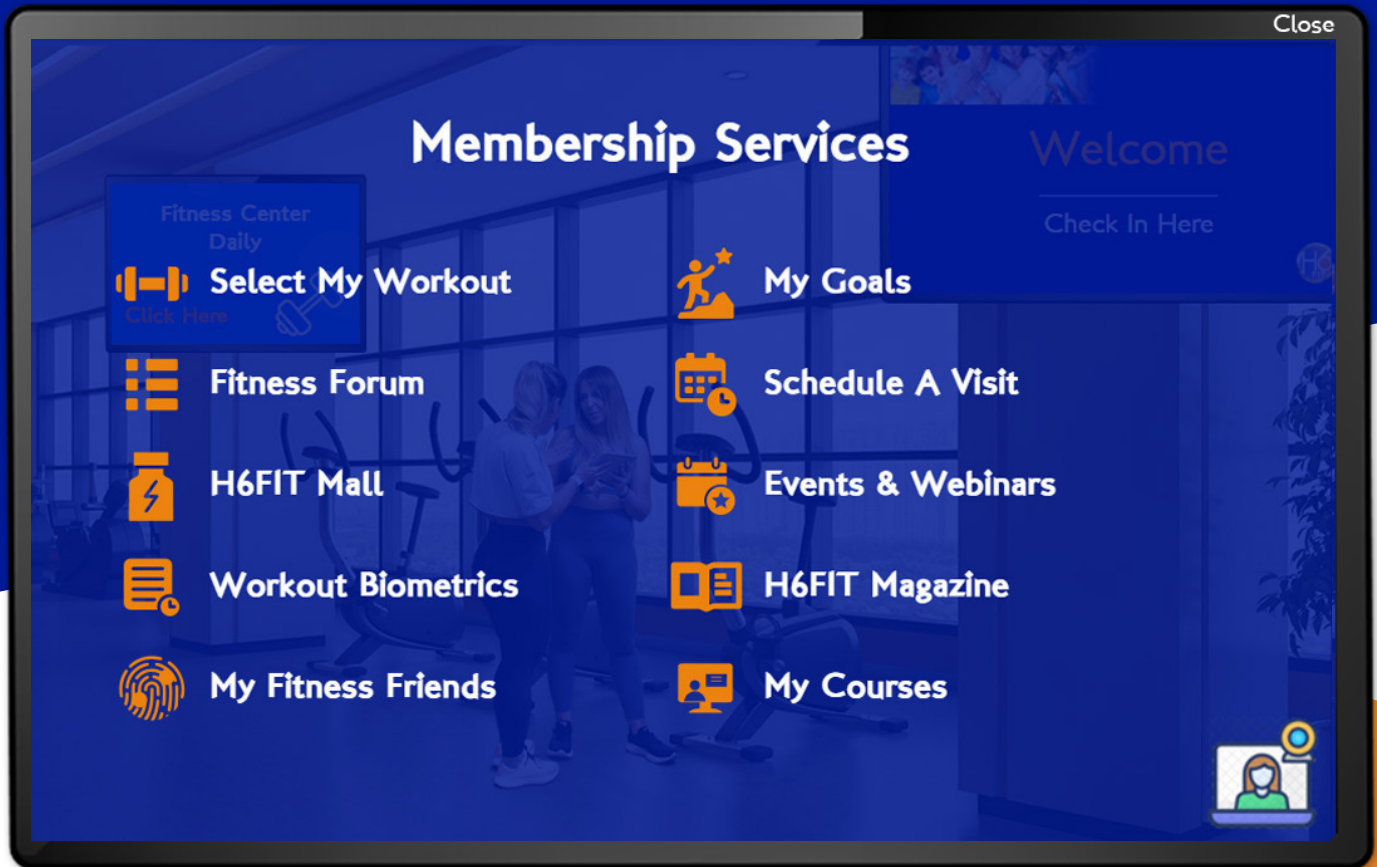
H6FIT Fitness Center

- Click on the photo of Adriana Albritton to learn more about her.
- Click on the Smart TV Panel on the back wall.

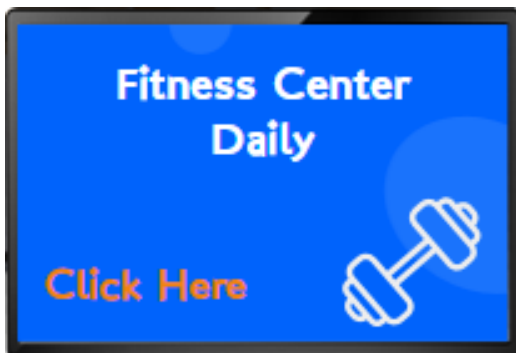


H6FIT Fitness Center Smart TV Panel

- This will open the Fitness Center Membership Services Menu.



H6FIT Fitness Center Membership Services Menu



H6FIT Fitness Center Daily News Smart TV Panel

- Go ahead and explore. Click the close button to go back to a previous screen.
- When you're done exploring, click the close button to close the Fitness Center Membership Services Menu.
- Click on the H6FIT Fitness Center Daily News Smart TV Panel to see new fitness tips and information.

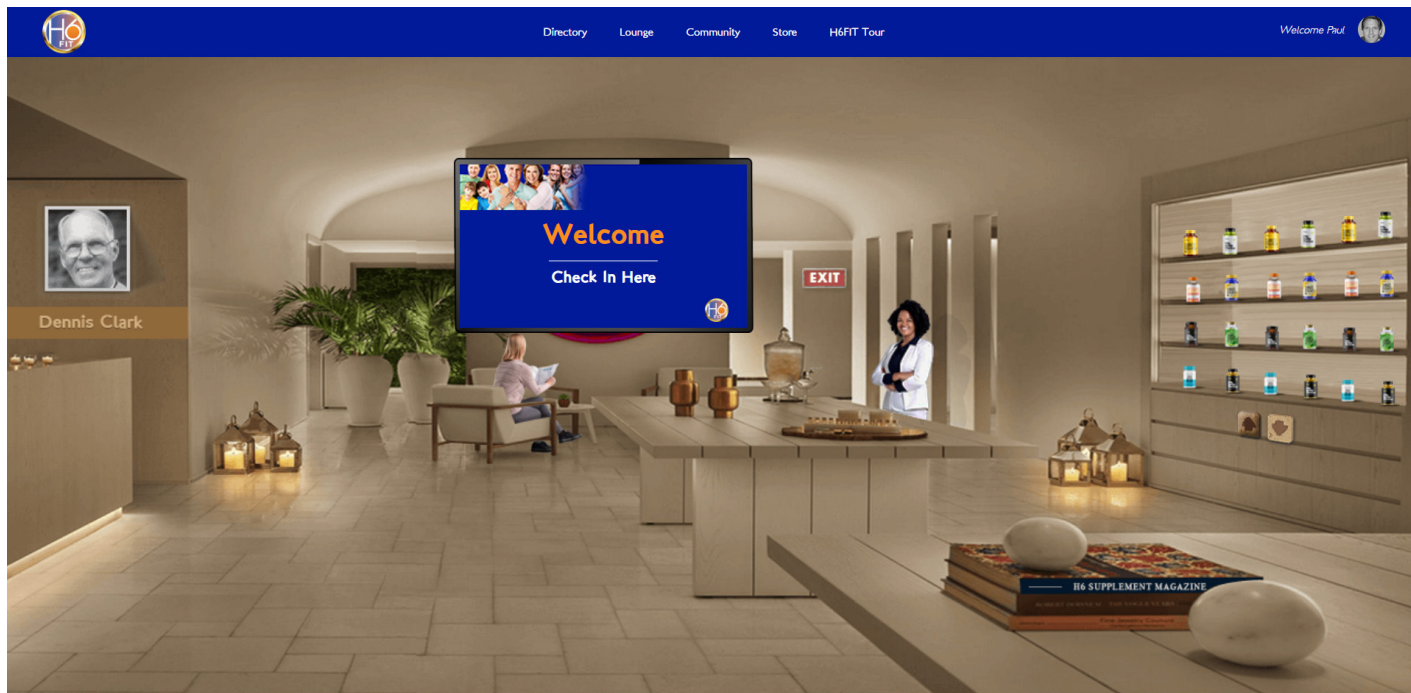
- Click the Exit sign above the elevator to return to the Member Services Directory.



Exit Sign

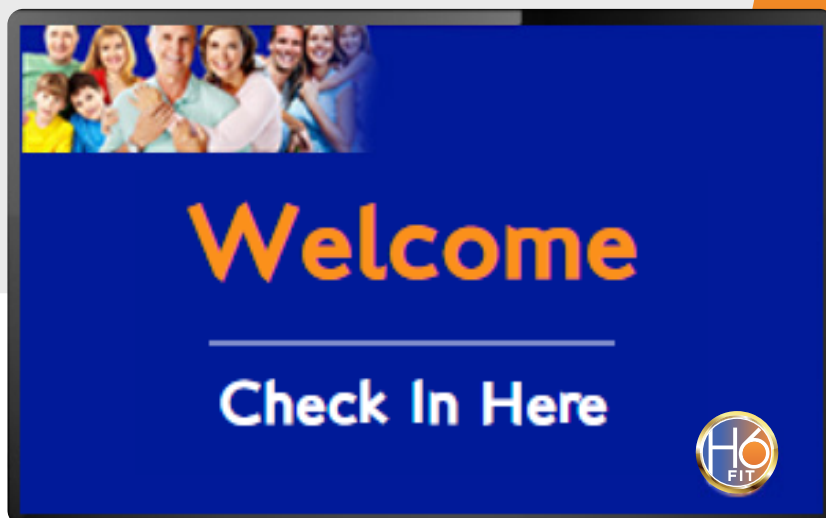
H6FIT Supplement Center

- Hover your cursor over  the Supplement Center (#4) and click on it. This will take you to the Supplement Center.



H6FIT Supplement Center

- Click on the photo of Dennis Clark to learn more about him.
- Find the H6FIT Smart TV Panel and click on it.

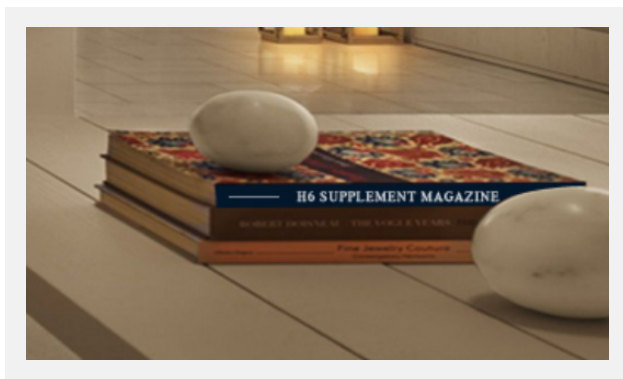


H6FIT Supplement Center Smart TV Panel

- This will open the Supplement Center Membership Services Menu.



H6FIT Supplement Center Membership Services Menu



H6FIT Magazine

- Go ahead and explore. Click the close button to go back to a previous screen.
- When you're done exploring, click the close button to close the Supplements Center Membership Services Menu.
- Click on the Magazine to access the H6FIT Magazine.
- Click the close button to close the magazine

- Click on any supplement bottle on the right wall to learn more about that supplement and order from the H6FIT Wellness Center Marketplace.

- Click the Up & Down arrows under the shelves to scroll through the supplements showcase.



H6FIT Supplement Showcase


- When you're done exploring, click the close button.

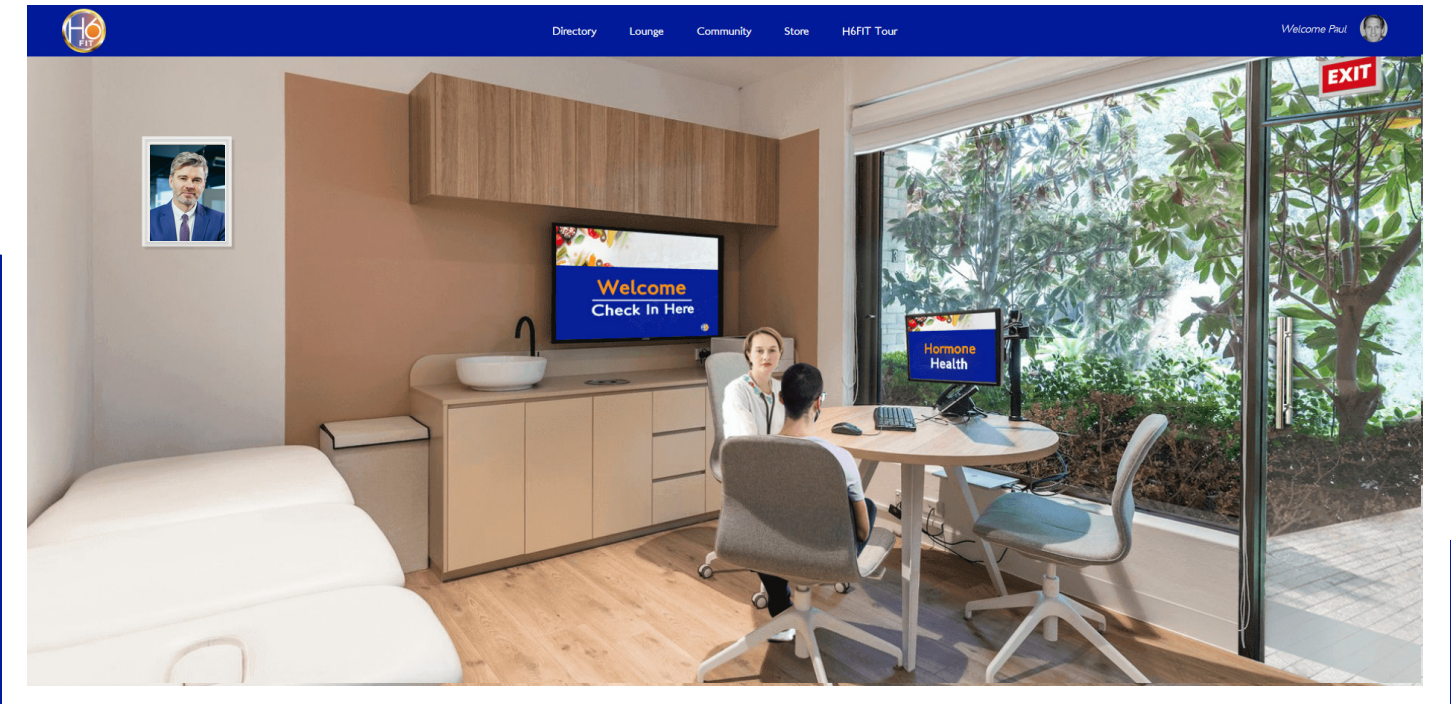


Exit Sign

- Click the Exit sign on the back wall to return to the Member Services Directory.

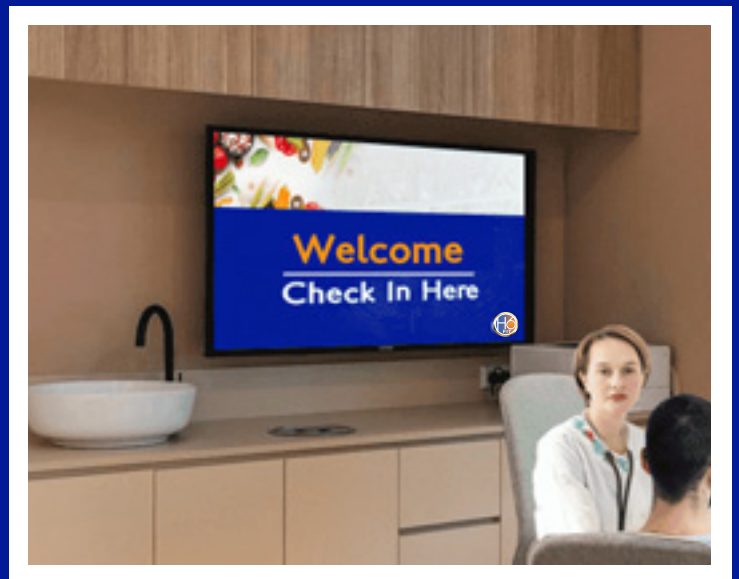
H6FIT Hormone Center

- Hover your cursor over  the Hormone Center (#5) and click on it. This will take you to the Hormone Center.



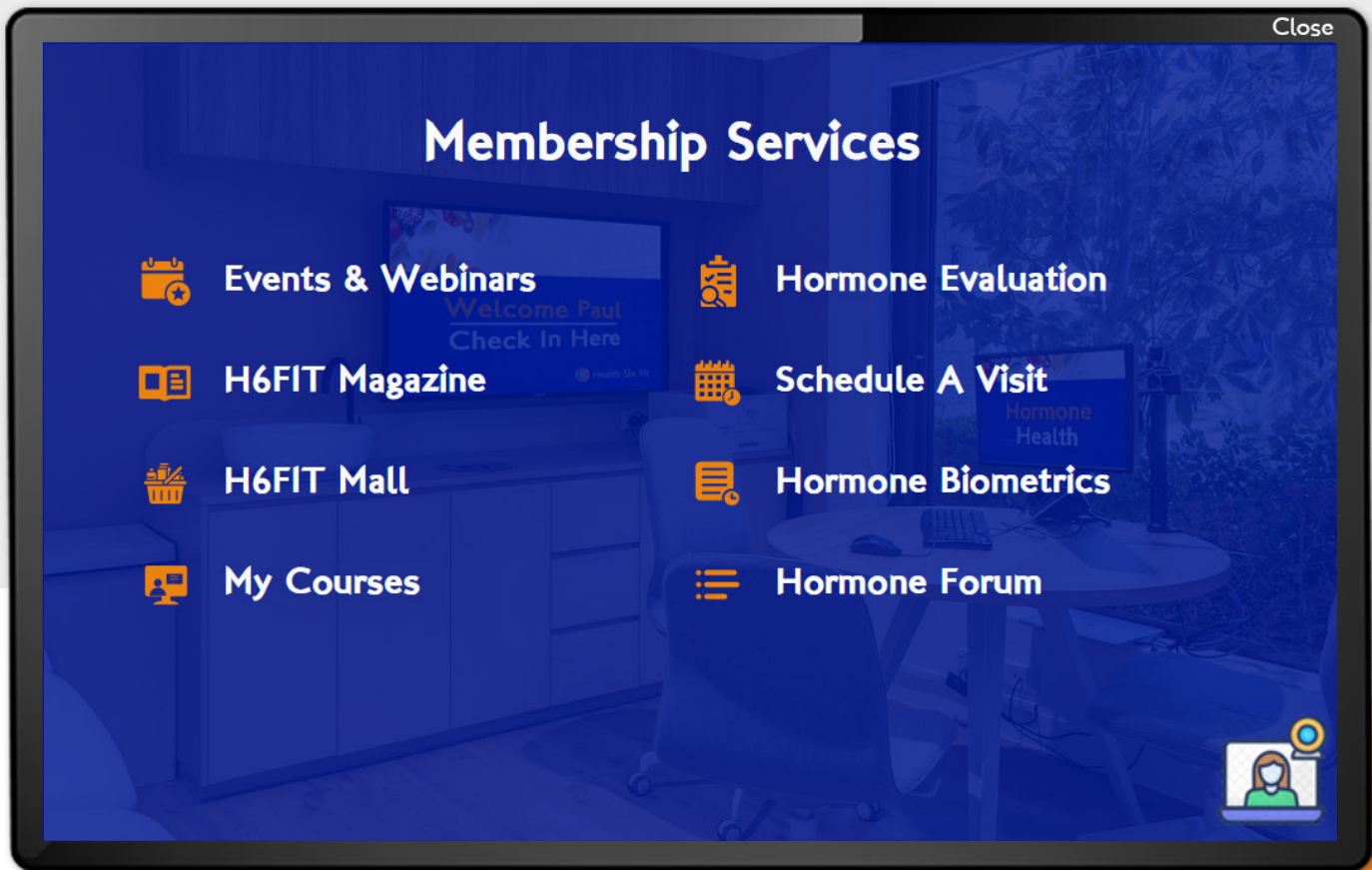
H6FIT Hormone Center

- Click on the picture of Dr. Warren Daniel to learn more about him.
- Find the H6FIT Smart TV Panel and click on it.



H6FIT Hormone Center Smart TV Panel

- This will open the Hormone Center Membership Services Menu.



H6FIT Hormone Center Membership Services Menu

- Go ahead and explore. Click the close button to go back to a previous screen.
- When you're done exploring, click the close button to close the Supplements Center Membership Services Menu.
- Click the Hormone Center computer on the table to read the Magazine.



H6FIT Hormone Center Computer
(H6FIT Magazine)

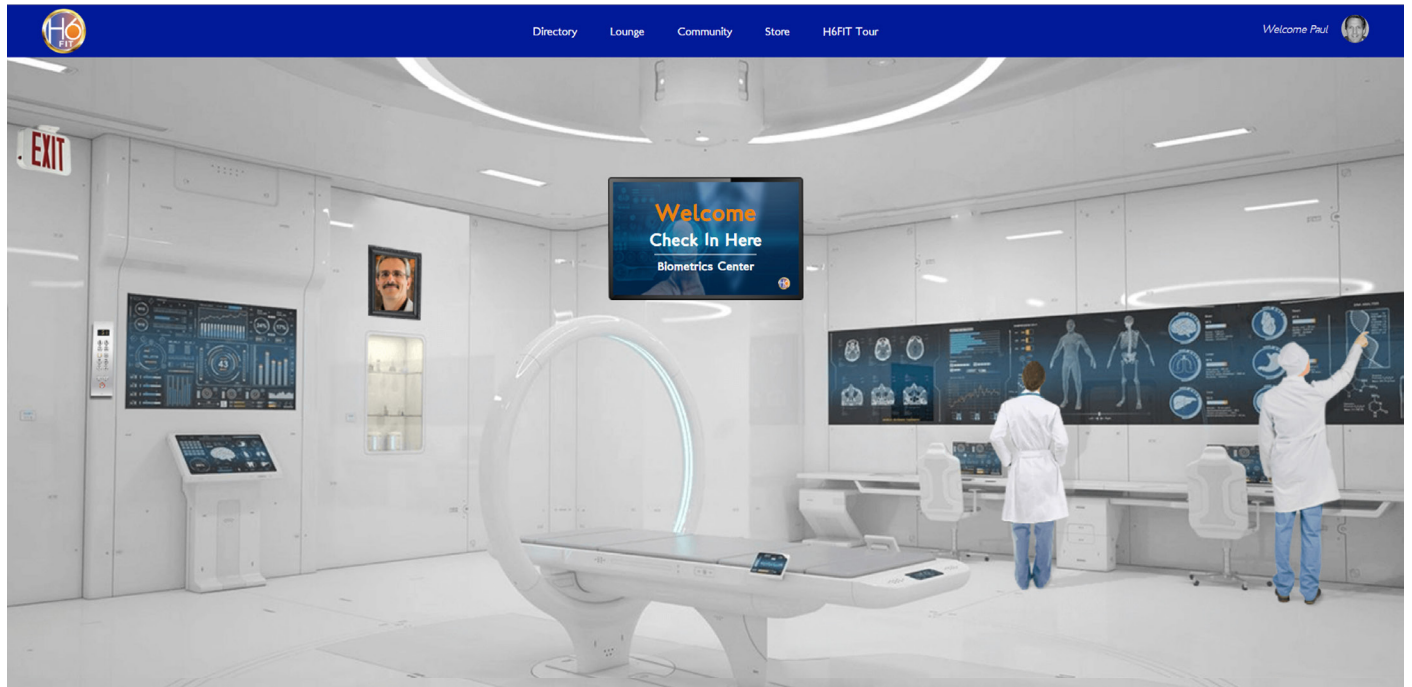
- Click the close button to close the Magazine.
- Click the Exit sign on the glass door to return to the Member Services Directory.



Exit Sign

H6FIT Biometrics Center

- Hover your cursor over  the Biometrics Center (#6) and click on it. This will take you to the Biometrics Center.



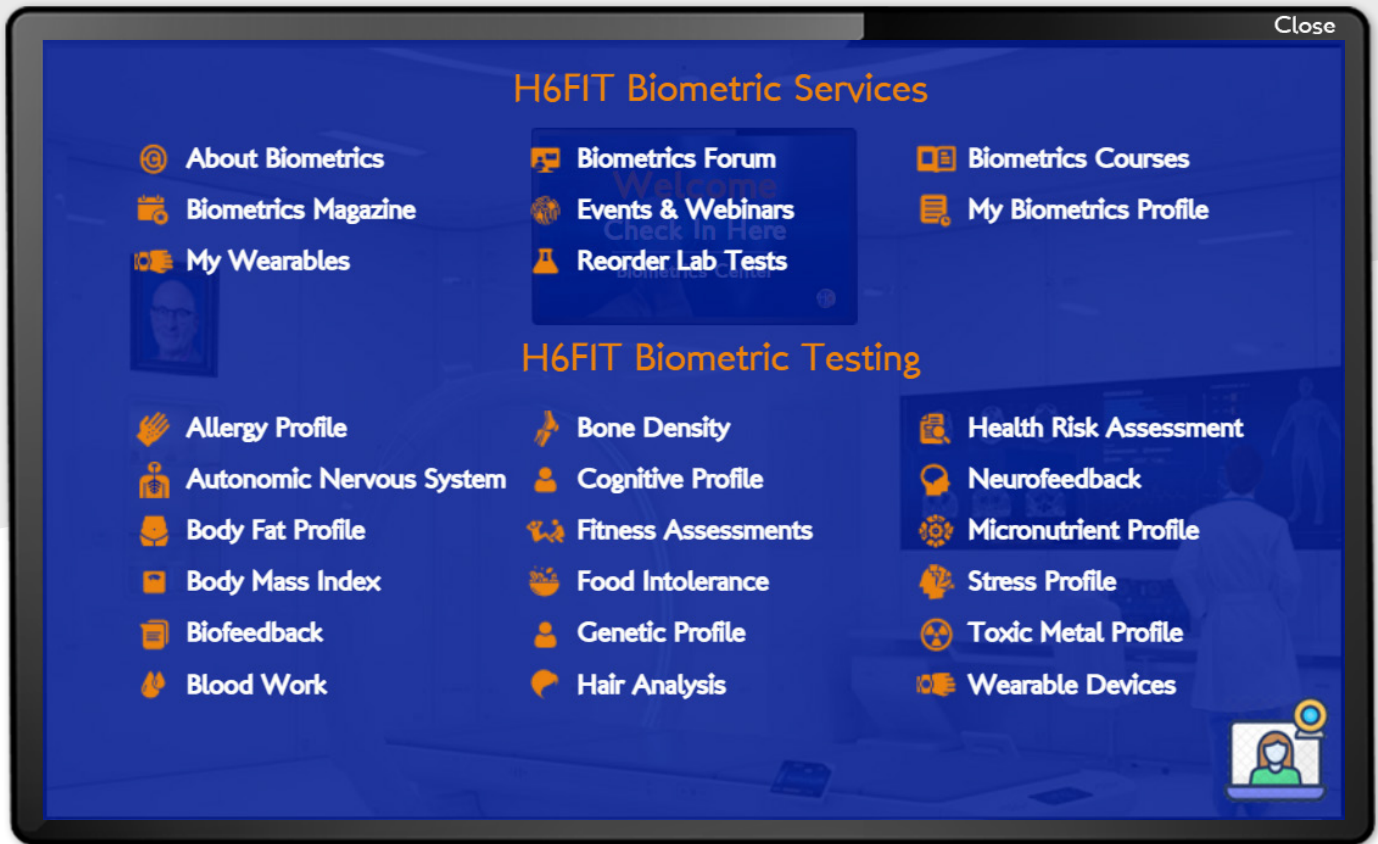
H6FIT Biometrics Center

- Click on the photo of Dr. Reynes to learn more about him.
- Find the H6FIT Smart TV Panel and click on it.



H6FIT Biometrics Center Smart TV Panel

- This will open the Biometrics Center Membership Services Menu.



H6FIT Biometrics Center Membership Services Menu

- Go ahead and explore. Click the Close button to return to a previous menu.
- When you're done exploring, click the close button to close the Biometrics Center Membership Services Menu.



Exit Sign

- Click the Exit sign on the left to return to the Member Services Directory.



Member Services Directory

Scroll Over & Click
(Lounge: Press Center Circle)

My Personal Centers
(Centers: Select & Press To Enter)



check-in | [My Practitioners](#) | [Telehealth](#) | [Events](#) | [H6FIT Tour](#) | [User Guide](#) | [Edit Centers](#) | [About H6FIT](#) | [New Member R](#)

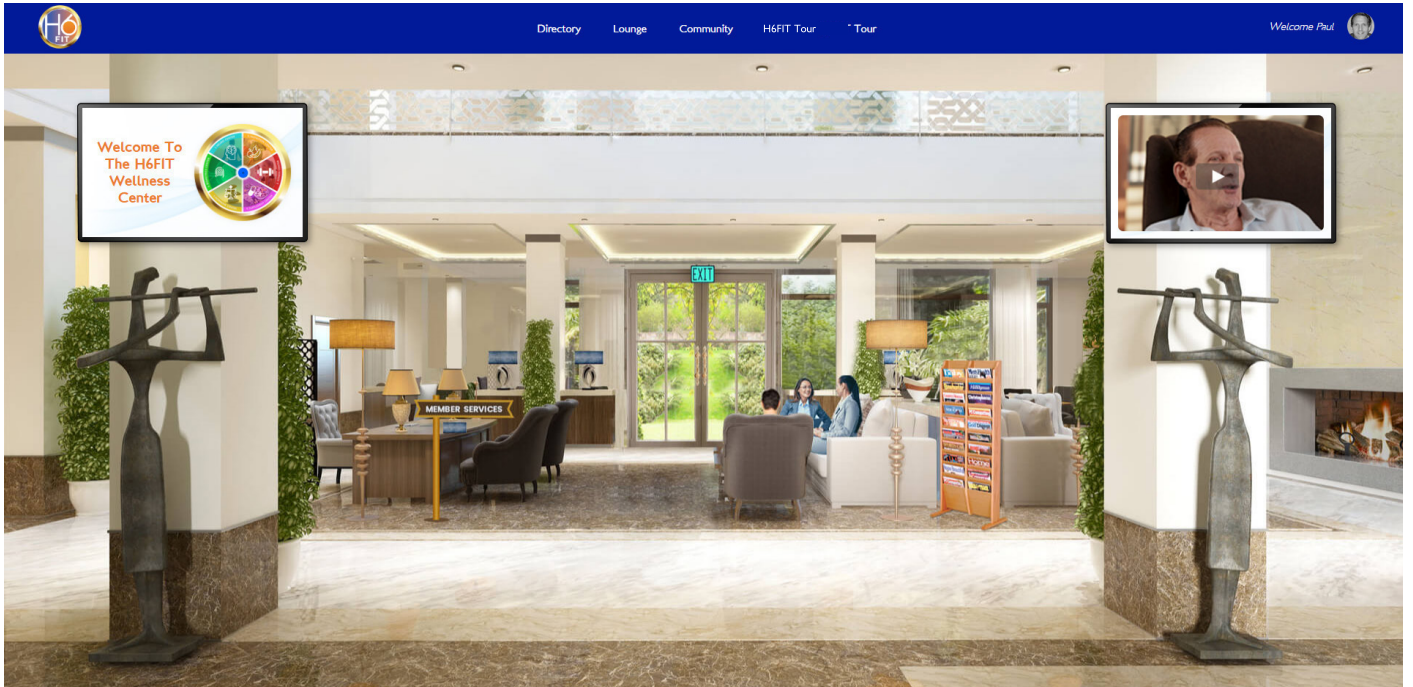
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H6FIT Member Services Directory

- Continue exploring on your own to see everything your H6FIT membership provides.
- Click on the blue center circle of the H6FIT Health Shield in the Member Services Directory to return to the H6FIT Lounge.



H6FIT Health Shield



H6FIT Lounge

- Click on the magazine rack to read the H6FIT Magazine.
- Click on the Member Services sign to access our concierge desk.



H6FIT Magazine Rack



H6FIT Member Services

And that concludes your H6FIT member orientation and tour. You'll sometimes see a "Coming Soon" message. We'll keep you posted as we roll out new products, services, and coaching centers!

If you have any questions about how to navigate through the H6FIT Virtual Wellness Center, please email us at customerservice@h6.fit, and we'll be happy to help you!

Above all, enjoy your time in the H6FIT Virtual Wellness Center. As you wander through these relaxing hallways, you'll find there's always something new to discover.

We encourage you to visit the H6FIT Virtual Wellness Center every day. Learn about your body and what you can do to stay healthy now and for years to come.

Even if all you need is a short "me-break," H6FIT and your FIT wellness team are here for you.

You've made one of the best decisions you could make in your quest for a healthier you. Welcome to the H6FIT family!

The H6FIT Wellness Team

