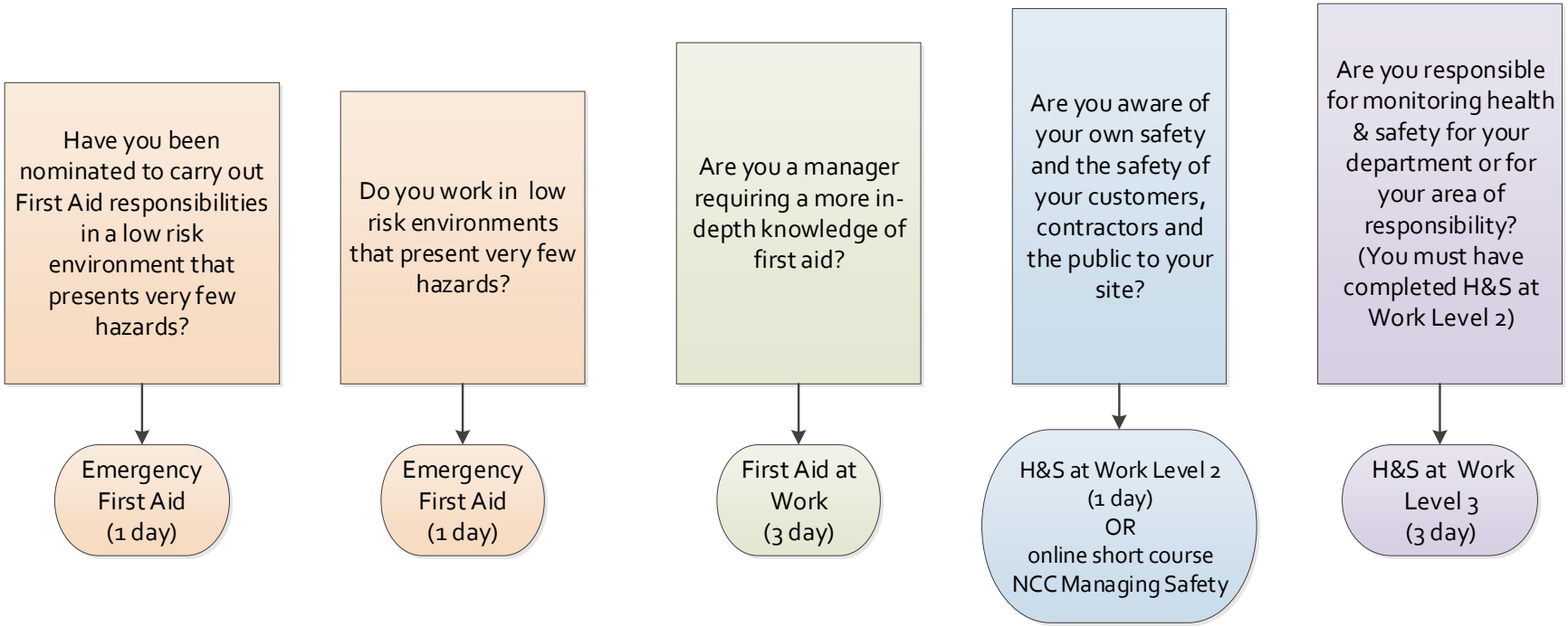Which H&S route should I take?