

# Cut Through the Smoke Clouds ~ and Breathe

## Create a quit-smoking plan through the CoreSource HealthCenter

1. Access the HealthCenter
2. Set a quit date
3. Receive a personalized plan
4. Quit!

### Accessing the HealthCenter

1. Visit [www.f-m-h.com](http://www.f-m-h.com), log in with your username and password, and select the HealthCenter link on the right.
2. Select the *YourCare* Programs link on left menu
3. Select Self-Directed Coaching
4. Find out more about the Self-Directed Coaching Programs, including Breathe, by clicking the "here" link mid-page.
5. To start your consultation, scroll down to Quit smoking. Then select Go.

HealthCenter 