

Guide Yourself Toward Wellness Through the HealthCenter

Choose From Five Online Self-Directed Coaching Programs

BALANCE:

Manage my weight.



Balance can help you reach your goal weight and maximize health and performance.

MOVE:

Be more active.



Move can help inspire anyone – even a certified couch potato – to get up, get moving, and be healthier.

RELAX:

Deal with stress.



Relax puts your tension under a microscope, then unveils ways to help keep you calm under pressure.

NOURISH:

Eat healthier.



Nourish offers one-on-one nutritional counseling to help improve your eating habits for life.

BREATHE:

Quit smoking.



Based on seven key principles, Breathe crafts a quit plan to help get you past old roadblocks.

HealthCenter 

Get healthier with the online Self-Directed Coaching Programs available through the HealthCenter. Log in to www.f-m-h.com and select the HealthCenter link on the right to get started! Talk to your HR department for more information.