Guide Yourself Toward Wellness Through the **HealthCenter**

Choose From Five Online Self-Directed Coaching Programs



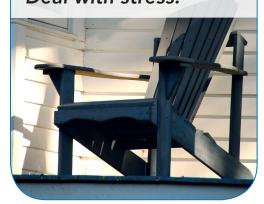
Balance can help you reach your goal weight and maximize health and performance.

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



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





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.



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