

Access the HealthCenter

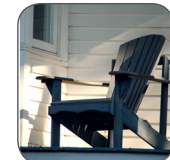
1. Visit the HealthCenter at www.f-m-h.com, log in with your username and password, and select the HealthCenter link on the right.
2. Select the *YourCare* Program link on left menu.
3. Select Self-Directed Coaching.
4. Find out more about the Self-Directed Coaching Programs: Balance, Nourish, Move, Relax and Breathe by selecting the "here" link mid-page.
5. Choose a program from: Manage my weight, Be more active, Eat healthier, Deal with stress, or Quit smoking. Select **Learn**, then **Go**.

For more information on the HealthCenter and our Self-Directed Coaching Programs, talk to your HR department.

HealthCenter 

Guide Yourself Toward Wellness Through the HealthCenter

Choose From Five Online
Self-Directed Coaching Programs



Guide Yourself Toward Wellness – Online

Take the road to improved personal health by choosing one or more of the five self-directed coaching paths offered online through the HealthCenter.



BALANCE:
Manage my weight.

The perfect blend of mind, body and food. Balance can help you reach your goal weight & maximize health and performance.



MOVE:
Be more active.

By easing movement into your routine, Move can help inspire anyone—even a certified couch potato—to get up, get moving, and get healthier.



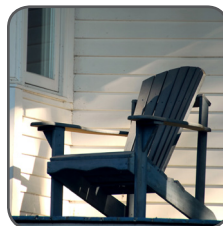
BREATHE:
Quit smoking.

Based on seven key principles, Breathe crafts a quit plan that plays to your strengths, and helps get you past old roadblocks.



NOURISH:
Eat healthier.

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



RELAX:
Deal with stress.

Relax puts your sources and symptoms of tension under a microscope, then unveils proven strategies to help keep you calm under pressure.

With any program you choose, select **Start Your Consultation** to answer a variety of lifestyle questions. Your answers are tabulated to create a personalized **Plan** that will help set you on your health goal path. **Tools** are resources to help guide and support your progress, and your digital coach will **Check In** with you periodically to make sure you're succeeding.