

# Guide Yourself Toward Wellness Through the HealthCenter

## Choose From Five Online Self-Directed Coaching Programs

Take the road to improved personal health by choosing one or more of the five Self-Directed Coaching Programs offered online through the HealthCenter. There's Balance, to help you reach your weight goal; Nourish, a healthier approach to eating – and living; Move, a way to easily increase activity levels; Relax, a calming method to combat stress; and Breathe, a smoking cessation program with proven results.

## Getting Started



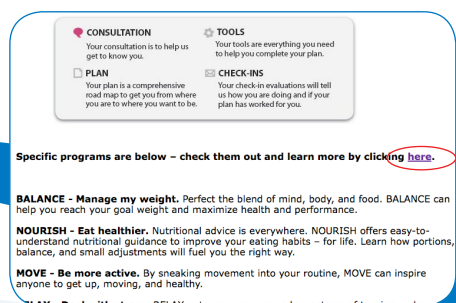
### Step 1

Visit the HealthCenter at [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. Select the *YourCare Program* link on left menu.



### Step 2

Select the **Self-Directed Coaching**.



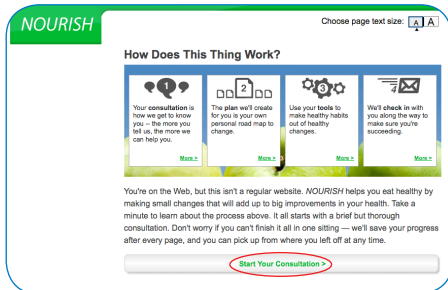
### Step 3

Find out more about the Self-Directed Coaching Programs including Balance, Nourish, Move, Relax and Breathe by selecting the "here" link mid-page.



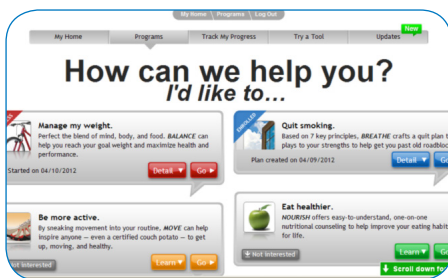
#### Step 4

Choose a program from: Manage my weight, Be more active, Eat healthier, Deal with stress or Quit smoking. Select **Learn** then **Go**. If you're not interested in a program, select **Not interested** and the program will be removed from your page.



#### Step 5

Select **Start Your Consultation** to answer a variety of lifestyle questions. Your answers will be tabulated to create a personalized **Plan** you to 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.



#### Step 6

You can work on multiple programs simultaneously, or as a series. After you complete your first program and then decide to improve your health with the other programs, simply go back to the "How can we help you?" page and move on to the program you'd like to pursue next.

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