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, log in with your username and password, and select the HealthCenter link on the right. Select the *Your*Care Program link on left menu.

YourCare Program

YourCare supports healthy lifestyles for you and your fam information and resources to keep you healthy, including risk assesment and have access to tools and trackers d wellness program promotes personal responsibility for mar Please see the below descriptions and links as a guide to

- <u>Program Steps</u> Follow simple steps to learn more about your heal
 <u>Screenings</u> Review options for completing a health screening and
- with your doctor. I tealth Carding - Partner with a lifestyle management coach to se such as healthy eating, physical activity, stress, or smoking cessa <u>cell-Directed Coaching</u> J articipate in online self-directed programs including weight management, smoking cessation, stress managem activity management. I tealth dewards - Take your Health Risk Assessment between Jan
- win \$500 through YourCare's incentive tracking program. You mus a YourCare member in order to participate. • EADS - Use this link to identify answers to frequently asked quest
- Condition Manadement and Preventive Care- Our YourCare num

CONSULTATION
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 your conduct set your plan.
 PLN
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 you are to where you want to be.

Specific programs are below - check them out and learn more by clicking here

BLA.MCE - Manage my weight. Bericst the blend of mind, body, and food: BALANCE car help you reach your goal weight and maximize health and performance.
NOURISH - Eat healthier. Nurtitional advice is everywhere. NOURISH offers easy-tounderstand nutritional guidance to improve your eating habits - for life. Learn how portions blance, and small adjustments will fuel you the right way.
MOVE - Be more active. By snaking movement into your routine, MOVE can inspire anyone to get up, moving, and healthy.

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.

HealthCenter 🕅



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.



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