Convenient and confidential.
Available 24 hours a day, 7 days a week.

1-800-272-7252
www.MyLifeValues.com
Login: FKCC
Password: FKCC

Why Horizon Health?
Horizon Health is a behavioral health and wellness company that provides employee assistance program services and resources to help you live and work well.

Tear off the wallet card below and keep it handy.

1-800-272-7252
24 Hour Confidential Access
www.MyLifeValues.com
Login: FKCC
Password: FKCC

Living Well...
is just a phone call or click away!
RESOURCES FOR LIVING WELL

A Partnership
Horizon Health’s consultants provide personal counseling and support services, help you create solutions, and identify resources to help you live and work well.

Managing Emotions
- Stress and anxiety
- Depression and mood swings
- Grief and loss

Succeeding at Work
- Work and family balance
- Personal/Leadership development
- Workplace relationships

Enhancing Relationships
- Healthy marriages
- Parenting tools
- Communications skills

Optimizing Health
- Weight management resources
- Addiction assistance
- Managing chronic conditions

Handling Day-to-Day
- Financial management
- Legal assistance
- Child care and elder care

Confidential. Convenient.
Help from Horizon Health is available 24/7 and all services are fully confidential.

In addition to professional telephonic support, our interactive website provides you with immediate access to:
- Thousands of informative articles and videos
- Live and archived webinars
- Self-searches for providers and services
- Health tools, quizzes, and assessments

Living Well is just a phone call or click away!

Horizon Health offers solutions for living well at home and at work. We provide confidential support for a variety of concerns, from coping with stress to information and support on financial issues, child care, relationships, and other life challenges. Our goal is to help you live a happier, more fulfilling life - today and every day.