

EXPLORE THE FMH CoreSource HealthCenter

*A secure portal placing important health-improvement tools
at your fingertips.*



AVAILABLE 24 HOURS A DAY,
SEVEN DAYS A WEEK, THE
HEALTHCENTER IS ALWAYS
THERE WHEN YOU NEED IT.



To access the HealthCenter,
log in to **www.f-m-h.com** and select
the HealthCenter link.



HealthCenter 

All information entered into the FMH CoreSource HealthCenter is confidential and Protected Health Information as defined by federal law (45 CFR 164.501). Read more in the Privacy Policy on the HealthCenter home page.