

# Improve Your Health with the CoreSource HealthCenter

Everyday, we make decisions that impact our health. The HealthCenter provides the tools to make those decisions easier.

The HealthCenter is a secure, health education website to help you better manage your health. Available 24 hours a day, seven days a week, the HealthCenter is always there when you need it. Read on to discover all that the HealthCenter can do for you!

- :: **Health Risk Assessment:** When you complete this confidential health survey the HealthCenter gives you your health age, along with personalized recommendations to decrease your risk for chronic conditions and improve your health.
- :: **Health Home Page** features interactive content to help members achieve an active, healthy lifestyle.
- :: **Logs, Calculators and Trackers** help members make real change and see results.
- :: **Personal Health Record** is a convenient way to store your medical history, prescription information and Health Risk Assessment profile for quick reference or to share with your physician.
- :: **The Family Health Guide** delivers information on more than 200 self-care topics.

HealthCenter 



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 tab on the right.

Complete your Health Risk Assessment to learn your current risks and what can you do to get healthier.