

Here are a few examples how the HealthCenter can help members improve their health:

- :: Learn about the latest findings in women's and men's health, diet and food, addictions and more under Healthy News.
- :: Look up details about medical conditions from an absessed tooth to viral meningitis under the Family Health Guide – Conditions.
- :: Estimate your risk for heart disease based on your age, lifestyle and cholesterol levels using Cool Tools – Coronary Heart Disease Risk Calculator.

HealthCenter 

DO YOU HAVE HEALTH QUESTIONS?

LOG IN TO MYFMH.COM FOR ANSWERS
24 HOURS A DAY, SEVEN DAYS A WEEK.

To contact a Registered Nurse anytime,
call MyNurse 24/7 at 866.366.6877.

TAKING CHARGE OF YOUR HEALTH

TAKING CARE OF YOUR FAMILY



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What is the HealthCenter?

The HealthCenter is a secure, password-protected, online education service to help you better manage your health.

Why use the HealthCenter?

The HealthCenter enables you to better understand your health risks, illnesses, treatment options and medications. The HealthCenter also helps you evaluate your symptoms.

How do I get started?

Follow the steps outlined below to activate your personal account and discover all the HealthCenter can do for you!

Visit the HealthCenter at myFMH.com, log in with your username and password and select the HealthCenter tab on the right.

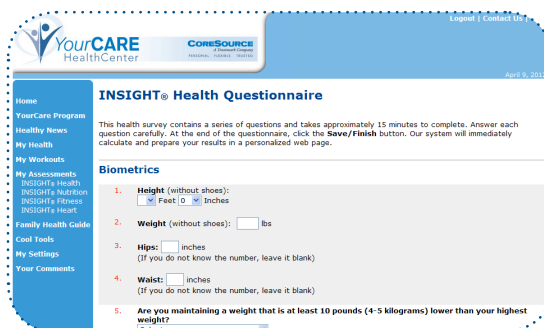
Be sure to complete your Health Risk Assessment to learn your current health age, your overall health risk and what you can do to get healthier.

Getting Started

Once you log in to the HealthCenter, you will have a wealth of health information at your fingertips. Start by taking the Health Risk Assessment, then continue your exploration by researching health conditions, medications and more!

Take the 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.



The screenshot shows the 'INSIGHT Health Questionnaire' interface. At the top, there's a header with 'YourCARE HealthCenter' and 'COMESOURCE'. Below the header, a navigation menu on the left lists: Home, YourCare Program, Healthy News, My Health, My Workouts, My Assessments (including INSIGHT Health, INSIGHT Nutrition, INSIGHT Fitness, and INSIGHT Heart), Family Health Guide, Cool Tools, My Settings, and Your Comments. The main content area is titled 'INSIGHT Health Questionnaire' and includes a brief instruction: 'This health survey contains a series of questions and takes approximately 15 minutes to complete. Answer each question carefully. At the end of the questionnaire, click the Save/Finish button. Our system will immediately calculate and prepare your results in a personalized web page.' Below this, the 'Biometrics' section contains five numbered questions with input fields: 1. Height (without shoes) in feet and inches; 2. Weight (without shoes) in lbs; 3. Hips in inches; 4. Waist in inches; 5. A statement about maintaining weight: 'Are you maintaining a weight that is at least 10 pounds (4-5 kilograms) lower than your highest weight?'.

Call the 24/7 Toll-Free Nurse Line

In many situations, our nurses can potentially save you a trip to the doctor's office. If you have a health-related question, call us toll-free, day or night at 866.366.6877.

Improving Health

Everyday, we make decisions that impact our health. The HealthCenter tools give you 24/7 access to information that can help make challenging health decisions simple.

Health Home Page features interactive content to help members achieve an active, healthy lifestyle.

Logs, Calculators and Trackers help members make real change.

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.