

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 abscessed 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.

DO YOU HAVE HEALTH QUESTIONS?

LOG IN TO F-M-H.COM FOR ANSWERS
24 HOURS A DAY, SEVEN DAYS A WEEK.

HealthCenter 

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 www.f-m-h.com, log in with your username and password and select the HealthCenter link on the right.

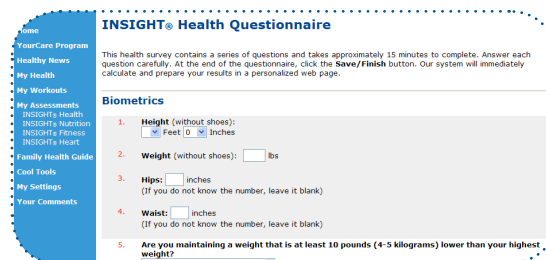
Be sure to complete your Health Risk Assessment to learn your current health age, your overall health risk and what you can do to get healthier.

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. On the left is a navigation menu with links: Home, YourCare Program, Healthy News, My Health, My Workouts, My Assessments (including INSIGHT's Health, INSIGHT's Nutrition, INSIGHT's Fitness, and INSIGHT's Heart), Family Health Guide, Cool Tools, My Settings, and Your Comments. The main content area has a title 'INSIGHT Health Questionnaire' and a paragraph: '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 is a section titled 'Biometrics' with five numbered questions, each with input fields: 1. Height (without shoes): Feet 0 Inches; 2. Weight (without shoes): lbs; 3. Hips: inches (If you do not know the number, leave it blank); 4. Waist: inches (If you do not know the number, leave it blank); 5. Are you maintaining a weight that is at least 10 pounds (4.5 kilograms) lower than your highest weight?

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.