

When you need health information  
fast, go to the FMH CoreSource  
HealthCenter for answers.



HealthCenter 

**The FMH CoreSource HealthCenter provides  
online tools to help you make important  
healthcare decisions quickly and easily.**

Available 24 hours a day, seven days a week,  
the FMH CoreSource HealthCenter is there when  
you need it!

- :: Assess your own health with a Health Risk Assessment (HRA).
- :: Make real change by using logs, calculators and trackers.
- :: Find information on more than 200 self-care topics through our Family Health Guide.
- :: Securely store your health profile and your medical history and information
- :: And much more!

**Access your personal HealthCenter account at:**  
**[www.f-m-h.com](http://www.f-m-h.com)**



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