

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



FMH CoreSource • 6240 Sprint Parkway, Suite 400
Overland Park, KS 66251 • 800.990.9058
www.f-m-h.com

R450-236_R9-12fmhA