

You aren't getting any younger... or are you?

Complete the FMH CoreSource HealthCenter Health Risk Assessment (HRA) to find out if your health age is lower than your actual age.

Your personalized INSIGHT® Health HRA includes:

- :: Your health age
- :: Your disease risks
- :: Your important risk factors
- :: What you are doing well
- :: What you need to work on
- :: And more...

Use the information in your HRA results to find out how you can lower your health age. Then, update your HRA every year to see how your health age improves as you make lifestyle changes.



HealthCenter 

To visit the HealthCenter, log in to www.f-m-h.com and select the HealthCenter link on the right. Then, select the Health Risk Assessment banner under Get Involved!

