

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!

The screenshot shows the FMH CoreSource HealthCenter website. The top navigation bar includes "YourCARE HealthCenter" and "FMH CORESOURCE A Trustmark Company PERSONAL. FLEXIBLE. TRUSTED." with a "Logout | Contact Us" link. The main content area features a "health HOME" banner with a photo of people exercising. Below this is a "Get Involved!" section with two steps: 1. Learn about the YourCare screening process, what to expect, and schedule your appointment. 2. Achieve better health...one step at a time. Take the health risk assessment today! There are buttons for "SCREENING scheduler" and "HEALTH RISK assessment". On the right, there is a "REWARDS!" section with a "Your Checklist" showing "Health Risk Assessment" as completed, and "Biometric Screening", "Health Coaching", and "Gaps in Care" as pending. A "Check this out!" section at the bottom right encourages users to earn a reward for improving their health.