



makes managing your health insurance plan simple and convenient

## Available at [www.f-m-h.com/hpa](http://www.f-m-h.com/hpa):

- » Quick, Easy and Secure Access to Claims History

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- » Check Eligibility Status

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- » E-mail Questions to FMH

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- » Obtain Claim Forms

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- » Reprint Explanation of Benefits (EOBs)

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- » Respond to Correspondence Letters

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- » Links to Networks & Pharmacy Information

## Other Client Specific Features:

- » Request Replacement ID Cards
- » Access to the HealthCenterWellness Tools
- » Review Medical &/or Dependent Care Reimbursement Accounts
- » Review HRA Account

## Use the following simple steps in order to log on:

1. Go to [www.f-m-h.com/hpa](http://www.f-m-h.com/hpa)
2. Click on Members
3. Click on New Users
4. Fill out the New User Registration Form
5. For security reasons, a temporary password will be mailed to your home address. Make sure you log on within 14 days of receiving your password. If you fail to log on within 14 days, you will need to register again.