

## FMH Benefit Services Website

1. Go to: [www.f-m-h.com](http://www.f-m-h.com)
2. Member Services
3. Member Login Registration Page
4. Your password will be mailed to your home address from FMH Benefit Services. Watch for it.
5. Follow password instructions from FMH

FMH Website offers:

Claims history for yourself and family members.

Review how your claim was processed

Option to reprint the EOB (Explanation of Benefits)

Order new ID cards

Suggested Practice: Check the EOB against your doctors bills to see the amounts listed as "Patient Responsibility" matches the doctors billing statement.