1 VISIT FHCP.COM AND CLICK THE "PORTAL LOG IN" BUTTON ON THE TOP, THEN CHOOSE "MEMBER LOG IN" FROM THE DROP DOWN MENU.
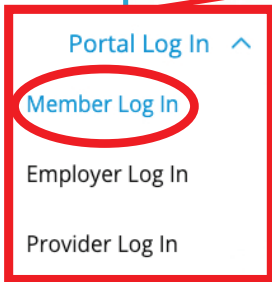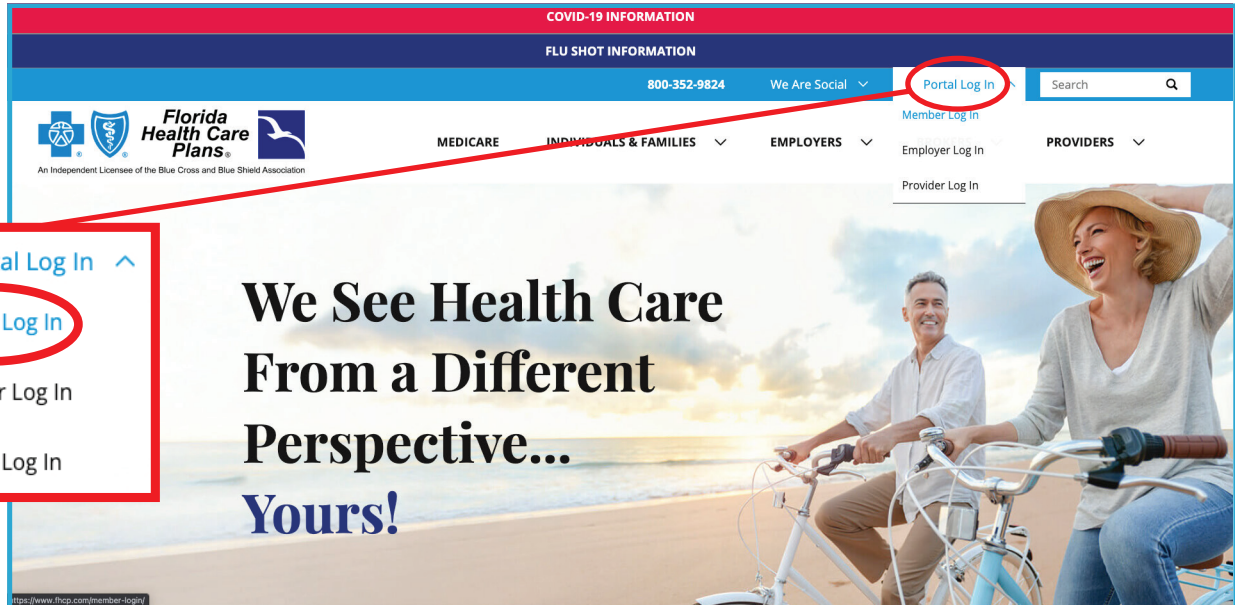
OR YOU CAN LOOK FOR THIS BUTTON UNDER **INDIVIDUALS & FAMILIES**: **Portal Log In**

2 **Member Log In**

NEXT, YOU WILL COME TO THIS PAGE. BE SURE TO CLICK "**MEMBER REGISTRATION**" TO CREATE YOUR NEW ACCOUNT. ALL MEMBERS WILL NEED TO CREATE A NEW ACCOUNT WITH FHCP TO LOGIN.

YOU WILL NEED YOUR FHCP MEMBER ID NUMBER TO CREATE YOUR ACCOUNT.
ONCE YOU FOLLOW THE STEPS, YOU WILL RECEIVE AN EMAIL TO CONFIRM.
YOU WILL NOW BE ACTIVATED AND ABLE TO USE YOUR ACCOUNT!

TIPS
• USE ONLY SUPPORTED BROWSERS
  (UPDATED FIREFOX, CHROME, SAFARI AND INTERNET EXPLORER)

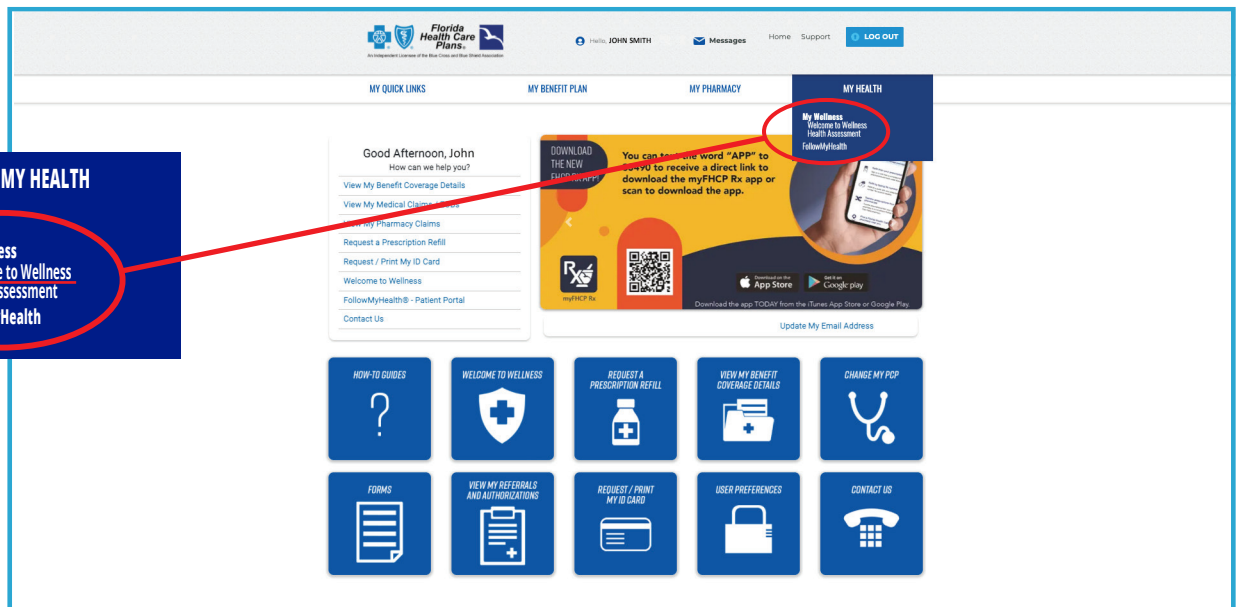• JOT YOUR USER NAME AND PASSWORD DOWN AND KEEP IT IN A SAFE LOCATION

3

IN **MY HEALTH**, ENTER **WELCOME TO WELLNESS** UNDER **MY WELLNESS**

MY HEALTH

My Wellness
    Welcome to Wellness
    Health Assessment
FollowMyHealth

4

TAKE TIME TO EXPLORE THE MANY FEATURES **WELCOME TO WELLNESS** HAS TO OFFER!
YOU WILL SEE OPTIONS LIKE A FREE **HEALTH ASSESSMENT**, A STATE-OF-THE-ART
SYMPTOM CHECKER, A ROBUST **HEALTH VIDEO LIBRARY**, **MEDICATIONS LIST** AND
MUCH MORE!