

NAVIGATING UMR



Log in at [UMR.com](https://www.UMR.com) to:

- View **Things to do**, your personalized benefits to-do list
- Check your benefits and see what's covered
- Look up what you owe and how much you've paid
- Find a doctor in your network
- Learn about medical conditions and your treatment options
- Access tools and trusted resources to help you live a healthier life



Your Plan Advisor

Ready to connect – and guide you to the answers you seek.

Health care in the modern world calls for a sensitive, personal approach to service – one that's built on real relationships and trust. Which is why Plan Advisor delivers an experience that's beyond traditional models of member support. Our advisor team partners with you, so you feel more confident in the decisions you make about your health and comforted by the steps you're taking to get there.

Plan advisors are available 24 hours a day, 7 days a week at 844-586-7308

UMR on the go!

Download the **UMR app** and access your account, a smarter, simpler faster way to stay connected to your health care benefits information, on demand, anytime, anywhere.



Scan the QR code to download
the app today!