

Ongoing Condition CARE

Begin living your best life

Managing an ongoing condition takes patience and a gentle approach to caring for yourself

Get expert resources and personal support for managing the challenges of living with:

- Amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), myasthenia gravis (MG) or rheumatoid arthritis (RA)
- Hypertension, heart failure or coronary artery disease
- Asthma or chronic obstructive pulmonary disease (COPD)
- Depression or anxiety
- Human immunodeficiency virus (HIV/AIDS), hepatitis C or sickle cell anemia
- Ulcerative colitis or Crohn's disease
- Breast, prostate, colorectal or lung cancers
- Diabetes (types 1 or 2)
- Chronic kidney disease



Get started!

Sign in to [umr.com](https://www.umar.com) and from the **Health center** dropdown, select **Ongoing Condition CARE** and choose **Enroll Now**, or scan the QR code.

You can also call toll-free at **866-575-2540**.