Get all your answers quick and easy at umr.com

Make umr.com your first stop

You want managing your health care to be fast and easy, right? You got it. At **umr.com**, you'll find everything you want to know – and need to do – as soon as you sign in.
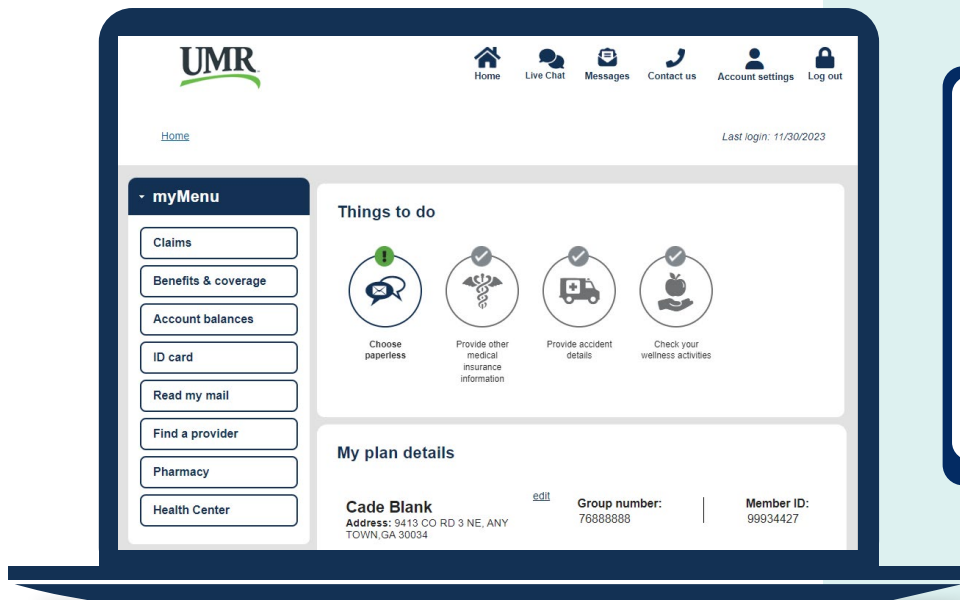
No hassles. No waiting. Just the answers you're looking for anytime, night or day!

Fictionalized data

The UMR app is another way we're reimagining health care to work for you.

We have a smarter, simpler, faster way to manage your health care benefits, right from the palm of your hand.

Download the UMR app today!

Scan the QR code to the left or visit your app store to get started.

Sign in now 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

With just a tap, you can:

- Access your digital ID card
- View your plan details on-demand – anytime, anywhere
- Find out if there is a copay for your upcoming appointment
- Chat, call or message UMR's member support team

Note: The images shown reflect available features within our desktop site. These features may or may not be available to all users, depending on your individual and/or company benefits.

You don't need a Ph.D. to understand your benefits

We've made it easy to find the top things people want to know. Choose **Benefits & coverage** from myMenu to find out:

- What health care services are covered?
- What's your deductible, and are you close to reaching it?

- What's the cost difference between an in-network and out-of-network service?
- Is there a copayment for your office visit? If so, how much?

Get your answers at a glance on umr.com

> **myMenu**
>
> **Benefit search** ?
>
> I want to view:
>
> **Benefits for**
> ● Cade Blank (09/08/1965)
> ○ Elizabeth Blank (03/12/1969)
> ○ Samuel Blank (04/29/2015)
> ○ Karyn Blank (07/21/2002)
> ○ Joseph Blank (08/21/1999)
>
> **Coverage Type**
> ● Medical
> ○ Dental
>
> **Network Level**
> ● In network
> ○ Out of network
>
> **Benefit as of**
> ● Current (01/01/2023)
> ○ Previous (01/01/2022)
>
> **Hi Cade Blank**   ‹ Back
>
> To view vision benefit information for your UHC vision plan, _click here_.
>
> To view your UHC Financial Protection Benefits, _click here_.
>
> ▾ **Benefits search results**
>
> Subscriber: Cade Blank 99934427 | My Favorite Company, 76888888
> You are viewing: In network Medical Benefits as of 01/01/2023 for Cade Blank
>
> ▾ **Benefits**   🖨 Print ? Help
>
> **Copays**
>
> | $10.00 | $15.00 | $30.00 | $0.00 |
> | Office visit | Urgent care | Emergency room | Hospital admission |
>
> **Benefit percentage**
> 100%   0%
> Plan pays You pay
>
> ▾ **Additional benefits**   🖨 Print
>
> _Accumulator as of: 01/01/2023_
>
> What benefit coverage would you like to know more about?
> Select from the drop-down menu:
>
> [Choose a benefit ⌄]
>
> **Not sure what you are looking for?**
> View/download a PDF of your plan summary information using the buttons below.
>
> **Summary plan description**
>
> **Need to submit a claim?**
> UMR
> PO BOX 30541
> SALT LAKE CITY, UT, 84130-0541
> **Payor ID for electronic claim submission:** 39026

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Still confused about what a deductible is?

Just select the glossary shortcut on the member home page to find common health care terms (including benefit terms) defined in plain, clear language.

> **UMR**. A UnitedHealthcare Company
> Issuer (80840) 911-39026-02
> Member ID: 12345685   Group Number: 76-123456
> Member:
> JAMES A SAMPLE 00 MED
> Dependents:
> JOANNE SAMPLE 01 MED
> JOHN SAMPLE 02 MED
> JOSEPH SAMPLE 03 MED
>
> CO-PAYS MAY APPLY
> 0730
>
> YOUR COMPANY NAME HERE
> Customer Logo (If Applicable)
>
> Prescription benefits logo
> Rx BIN: 610127
> Rx PCN: 01960000
> Rx GRP: 0196XXXX
>
> Primary network logo
> Self-funded plan administered by UMR

Fictionalized data

Did your dog eat your ID card? No worries. It's easy to get a replacement online.

Just click **ID card** from **myMenu** to see a copy of your card. With a couple more clicks you can have a new card mailed to your home.

Can't wait for the mailman? Print a temporary copy from our desktop site. Or, use your smart phone to view your ID card or fax a copy to your doctor's office.

Don't be surprised by unexpected costs

Health cost estimator

Claim cost summary

Find a provider

Know the price you'll pay ahead of time

Use the **Health cost estimator** to look up a treatment or procedure in your area.

Quickly see what you spent on health care this year

Get a breakdown by the types of services, so you can see where all your money went.

Make sure you get your in-network discount

Do a quick search for participating doctors and facilities near you.

Buried in paperwork? A single click lets you track all your claims

Claim search   ?

I want to view:

Claims for
- ○ ALL
- ○ Cade Blank (09/08/1965)
- ○ Elizabeth Blank (03/12/1969)
- ○ Samuel Blank (04/29/2015)
- ○ Karyn Blank (07/21/2002)
- ○ Joseph Blank (08/21/1999)

Claim type
- ○ Dental
- ● Medical

Time period
- ○ ALL
- ● Last 30 days
- ○ Last 6 months
- ○ Date range

⌄ Claim search results

Subscriber: Cade Blank, 99934427 | My Favorite Company, 76888888
You are viewing: All members, Medical claims, in the last 30 days with any status

⌄ Claim activity

☐Download 🖶Print ? Help

Show [10 ⌄] entries   Filter your results: [_____]

CLAIMS INFORMATION	SERVICE DATE	PROVIDER	BILLED AMOUNT	PLAN PAYS	YOU PAY
		No matching claims found.			

| You are viewing 0 - 0 of 0 | | | $0.00 TOTAL BILLED | $0.00 PAID BY PLAN | $0.00 YOU PAY |

A maximum of 200 claims will be displayed. Adjust your search criteria in the left navigation to refine your results. Claims are only available online for a rolling 24-month period, based on service date.
Looking for your Explanation of Benefits (EOB)? EOBs are available online within 7-9 days from the date the claim is processed.

Claims cost summary

Monthly claim statements

Member claim submission

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- Saves time - no waiting!
- Keep up-to-date 24/7
- Clearly organized and easy to sort
- Get all the details in one place
- Safe and secure
- Find out what you owe
- No lost paperwork

Hassle-free access when you need it

Check in at your convenience to see if a claim has been processed and what you might owe. To get more details on a specific claim, select **View claim details** or **View EOB**. This will tell you the type of services provided, the amount billed and the amount paid, if any, and whether there's any action that needs to be taken before the claim can be processed. You can choose to receive a secure email any time you have a new EOB. And if you're not ready to give up paper completely, you can print out copies from our **Claims** center.

Helpful apps, calculators, videos and health information all in one place

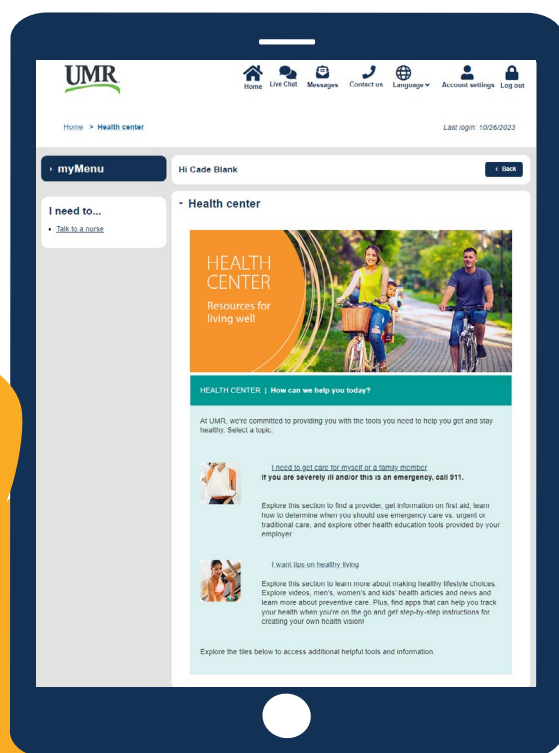## Online health information— up-to-date and ad-free

- Search your health symptoms
- Understand your treatment options
- Learn about drug interactions
- Find first aid information

Our top picks for healthy eating and exercise

- Get the essentials on men's, women's & kids' health
- Watch step-by-step recipe videos
- Log your exercise and activity

Free tools, apps and calculators

- Calculate your body-mass index (BMI)
- Download apps to help you stay healthy
- Track your nutrition and fitness goals

Start your personalized search in the umr.com Health center

Choose **Health center** from myMenu and select the tile shortcuts that interest you.

You can be confident knowing the information we've gathered draws upon our clinical expertise and guidelines from trusted health organizations.

Signing in is easy

Ready to pop in and take our site for a spin? Visit **umr.com** anytime to get started. If you already have an account, enter your username and password to sign in.

If it's your first time visiting us, create a HealthSafe ID to register your account. Make sure you have your ID card handy and follow the steps to get started.

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