

Get all your
answers **quick**
and **easy** @
umr.com



A UnitedHealthcare Company

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 log in.

No hassles. No waiting. Just the answers you're looking for anytime, night or day!

Log in now to:

View **My taskbar**, 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 treatment options

Access tools and trusted resources to help you live a healthier life

Getting started

If you already have an account, go to **umr.com** and click the **Login/Register** button in the upper-right corner. If it's your first time visiting us, click the **Login/Register** button in the upper-right corner to open an account. Make sure you have your ID card handy and follow the steps to get started.



WANT A
QUICK TOUR?

Use the QR code reader on
your smart phone to watch
a short video.

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

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.



Claim activity						Download	Print
CLAIMS INFORMATION		SERVICE DATE	PROVIDER	BILLED AMOUNT	PLAN PAYS	YOU PAY	
Patient: Karyn Blank Claim #: 17056123456 View claim details View EOB		02/17/17	Valley Hospital	\$1,261.00	\$1,193.00	\$25.00	Status: Completed
Patient: Cade Blank Claim #: 17056123456 View claim details View EOB		02/15/17	Horn, Gregory, Dc	\$368.00	\$0.00	\$0.00	Status: Completed
Patient: Elizabeth Blank Claim #: 17056123456 View claim details View EOB		02/05/17	Horn, Gregory, Dc	\$290.00	\$0.00	\$0.00	Status: Denied - Accident info needed from pt. Action needed! Click here
Patient: Cade Blank Claim #: 17056123456 View claim details View EOB		01/28/17	Moore, John, Dc	\$370.00	\$0.00	\$215.95	Status: Completed
Patient:		01/23/17	Horn, Gregory, Dc	\$748.00	\$69.30	\$678.70	

Fictionalized data

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

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, click 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 e-mail any time you have a new EOB. If you're not ready to give up paper completely, you can print out copies from our claims center.

Don't be surprised by unexpected costs

- Know the price you'll pay ahead of time. Search treatments or procedures in the **Health cost estimator**.
- Get your in-network discount. Use **Find a provider** to look up doctors and facilities near you.

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

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

- Online health information: up-to-date and ad-free
- Our top picks for healthy eating and exercise
- Free tools, apps and calculators