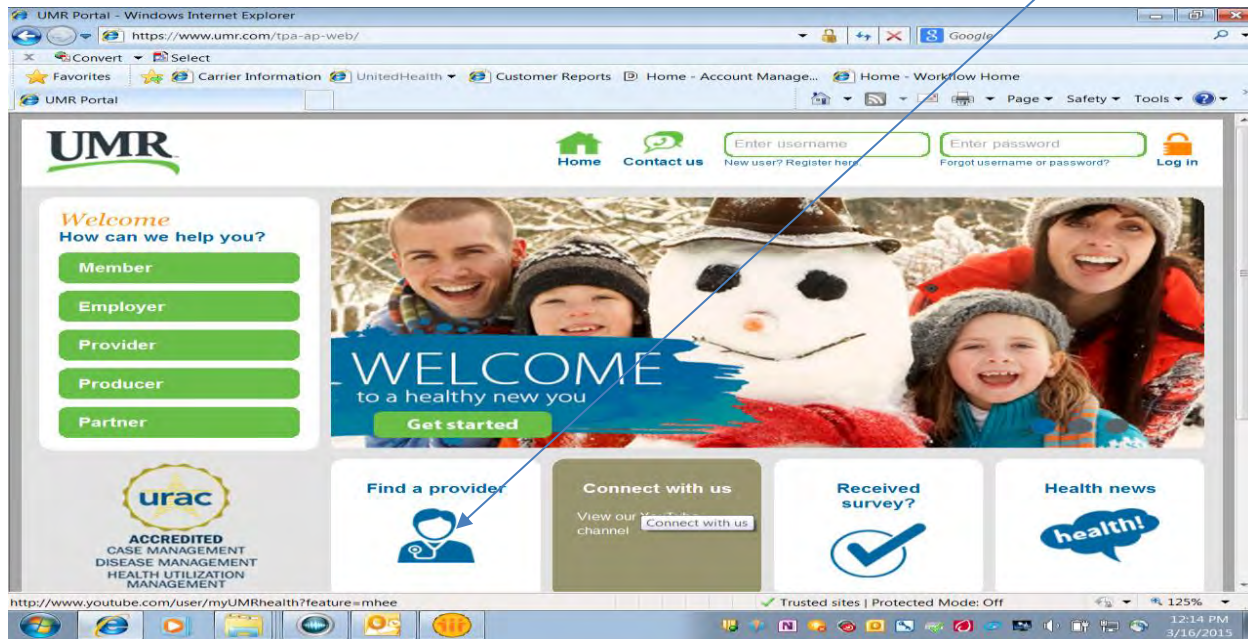


HOW TO FIND A PROVIDER UMR Health Care

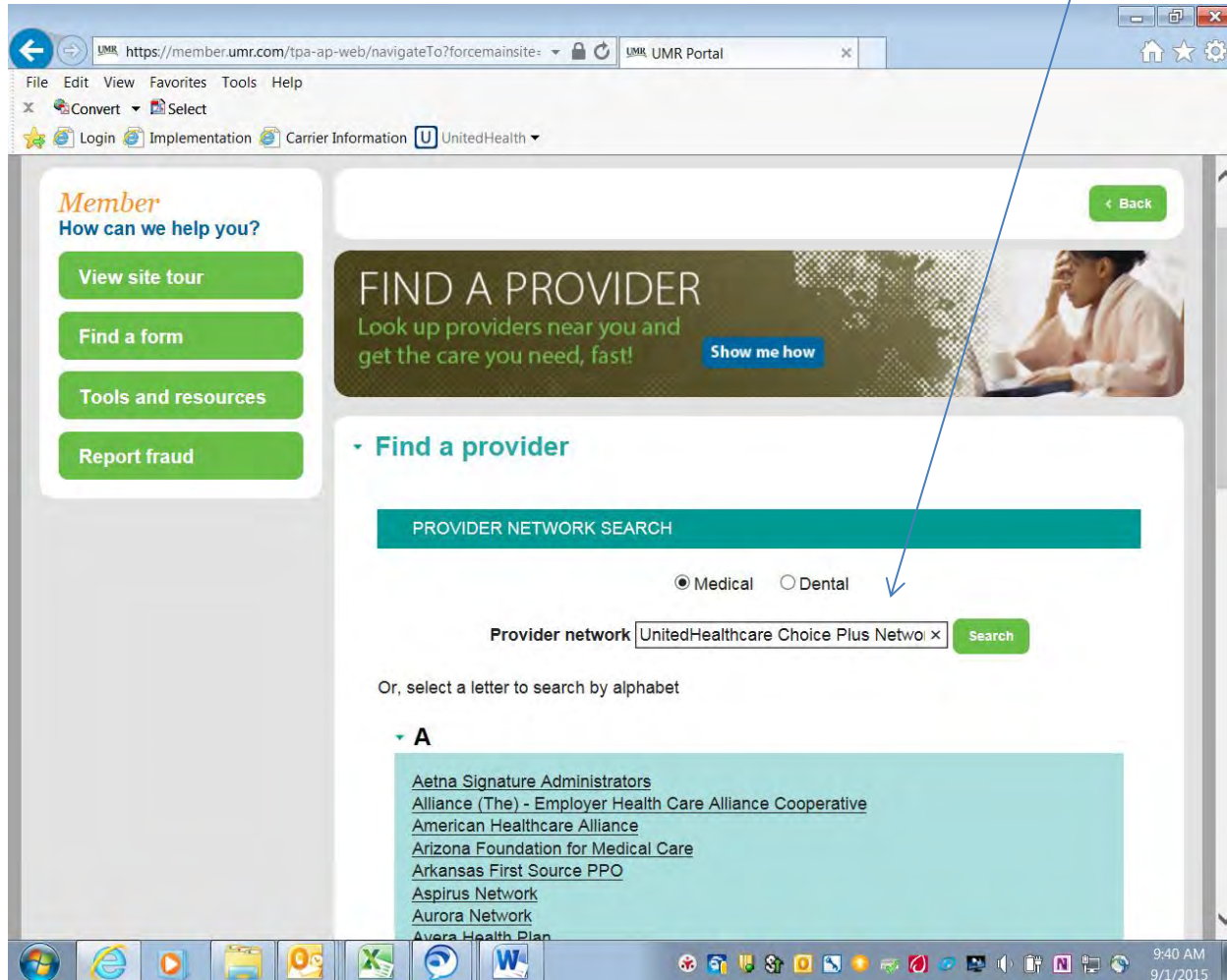
STEP 1)

In THE URL, TYPE: www.UMR.com and the page below will show up. Click on the “Find a Provider” Box.



STEP 2)

Confirm **Medical** radio button is selected. In the **Provider network** box, begin typing “UnitedHealthcare Choice Plus Network” and then select that network. Once that has populated, Click on **Search**.



There will be 4 items listed:

- View Excluded Providers
- Search for a Medical Provider
- View Directory of behavioral health providers (Note: The Behavior Health providers are contracted thru Optum.)
- How can my provider join the network?

Before searching for a provider, you may want to view this list of excluded providers.

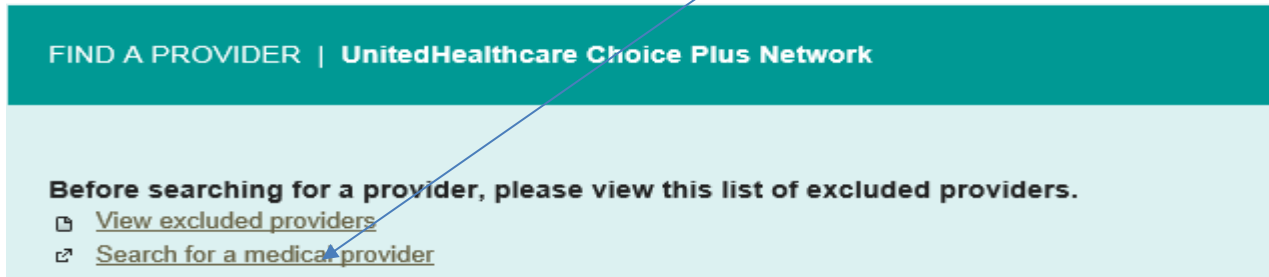
For Behavioral Health Providers

View directory of behavioral health providers (including counseling & substance abuse providers)

Note: It is not necessary to login to "Live and Work Well" to view the directory, however please be sure to check your member ID card for eligibility verification instructions.

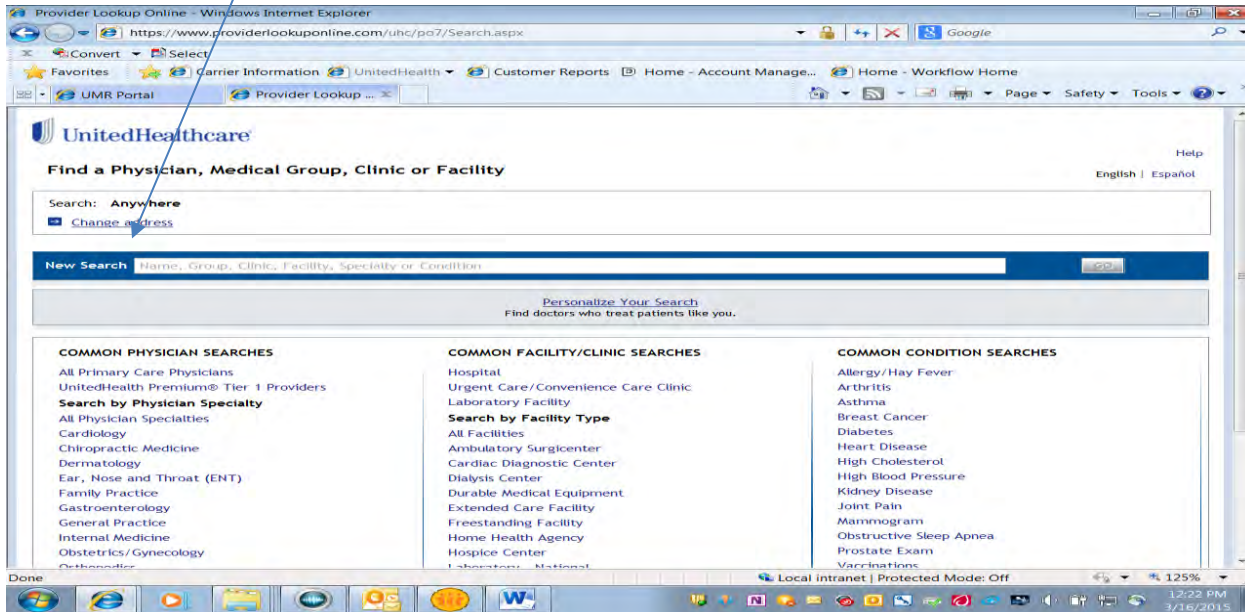
STEP 3)

In the **Find a Provider** area, Click on **"Search for a medical provider"**.



STEP 4)

Click on **"Change address"** and enter where you want to search for your provider and hit **"OK"**.



STEP 5)

You may now begin your search by typing in the **New Search** box. If you wish to select by a Physician Specialty or Facility, Click on the blue headers.