

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.

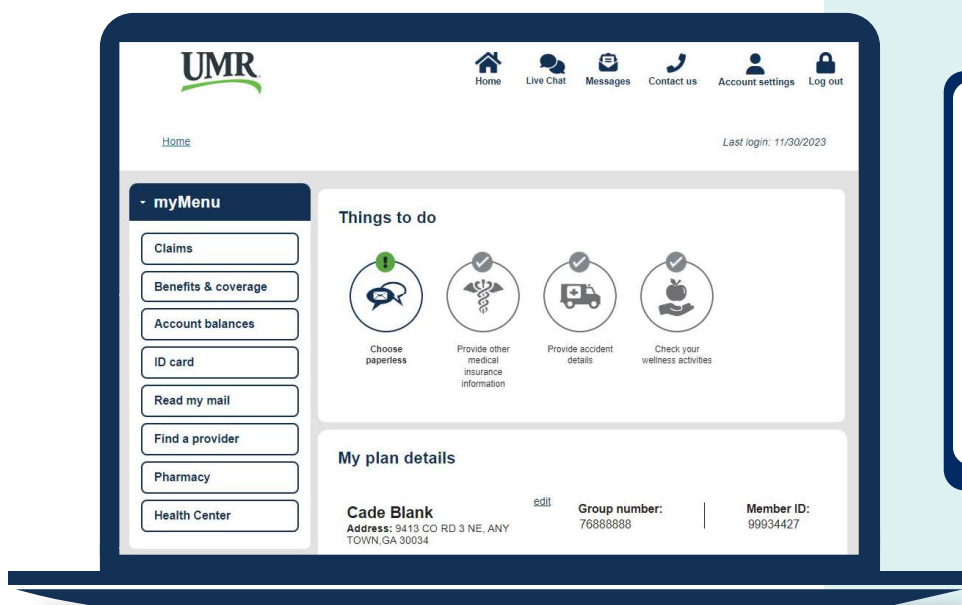
No hassles. No waiting. Just the answers you're looking for anytime, night or day!

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.



Fictionalized data

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

The screenshot shows the UMR myMenu interface. On the left, the 'myMenu' navigation bar includes 'Benefit search'. The main content area is titled 'HI Cade Blank' and shows search results for 'Benefits search results'. The results include a table of copays for office visits, urgent care, emergency rooms, and hospital admissions. Below the table, there is a 'Benefit percentage' section showing 100% for 'You pay' and 0% for 'Plan pays'. On the right, the 'Additional benefits' section provides information about the accumulator date, a dropdown menu to select a benefit, and a 'Summary plan description' button. It also includes contact information for UMR, such as the address in Salt Lake City, UT, and a payor ID for electronic claim submission.

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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.

The screenshot shows a UMR member ID card. The card includes the UMR logo and the text 'A UnitedHealthcare Company'. It displays the member's name as 'JAMES A SAMPLE 00 MED' and lists dependents: 'JOANNE SAMPLE 01 MED', 'JOHN SAMPLE 02 MED', and 'JOSEPH SAMPLE 03 MED'. The card also shows the member ID '12345685' and group number '76-123456'. There are sections for 'Customer Logo (If Applicable)', 'Prescription benefits logo' with Rx BIN, PCN, and GRP numbers, and 'Primary network logo'. A note at the bottom states 'CO-PAYS MAY APPLY' and 'Self-funded plan administered by UMR'.

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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



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

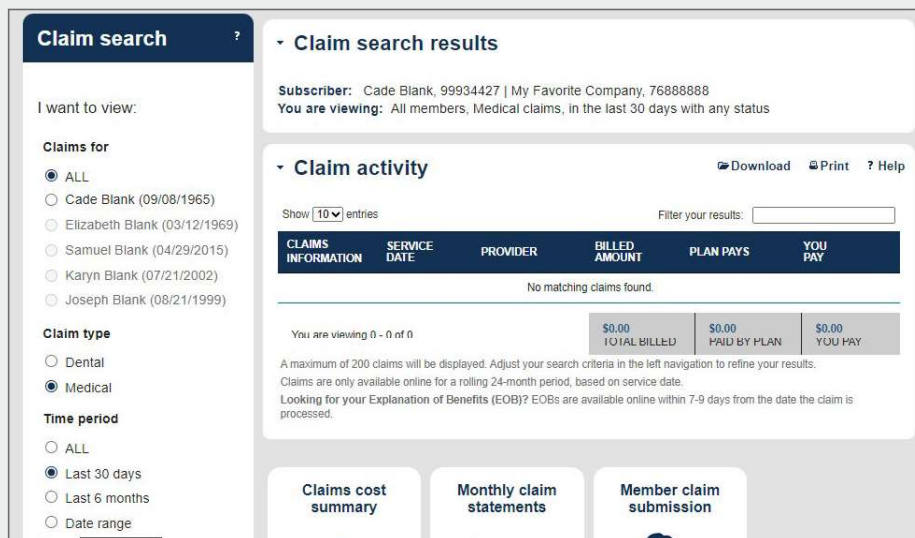
Get a breakdown by the types of services, so you can see where all your money went.



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



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

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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

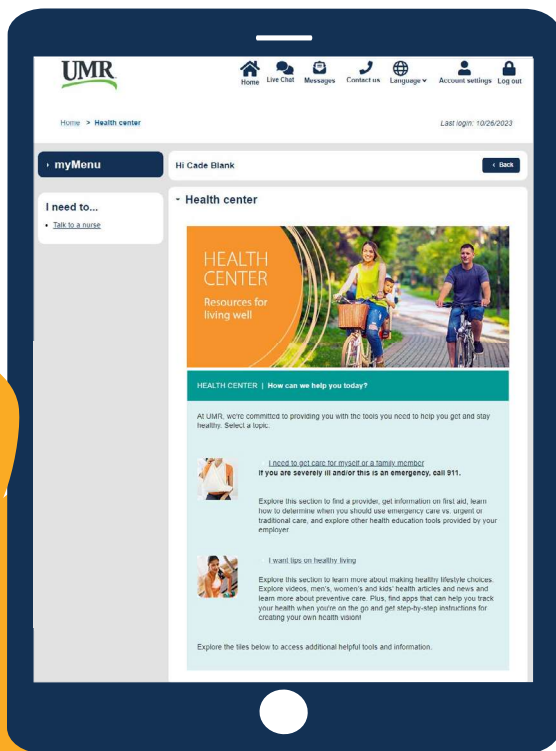
- Search your health symptoms
- Understand your treatment options
- Learn about drug interactions
- Find first aid information

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.