

Online Services from UMR

Accessing Online Services

1. Visit: www.umar.com
2. Select “Members”
3. For members with health or dental coverage: Enter the member ID located on your ID card in the Online Services Access box.
4. Click “Go to my online services.” Our Web site will redirect you to your online services home page.
5. When you link to umar.com for the first time, you will need to create a username and password to register for online services. Click the **Need a Username? Register here.** link and follow the prompts to complete your registration.

Claim, Eligibility and Benefit Inquiry

You can view your claims, including copies of explanations of benefits (EOBs), eligibility or benefits information, including a copy of your summary plan description (SPD), any time of the day or night.

Other Insurance and Accident Details

If you have claims pending for updates to other insurance or accident details information, you can make those updates online.



ID Card Ordering

Order duplicate or replacement ID cards quickly and easily.

Member Health Information

UMR provides a wealth of information and services to help you live a healthier life, including tools to help you make the best decisions about health conditions and prescription drugs.

In addition, we provide links to excellent health information sites, articles, and a whole lot more.

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Provider Network Links

For your convenience, we've set up a link to your provider network. When you click on the link, the network provider's home page is displayed. You can click the link on the home page to search for in-network physicians or medical facilities.

Forms

Our most widely used forms are available online for easy access.

Questions?

If you have any questions or problems with your online services, please contact our technical support team at **1-866-922-8266** between 8 a.m. and 5 p.m. Central time, or reference our online tutorial guides.

If you have questions about a claim or the benefits available to you and your dependents, call us at the number on your ID card.

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wealth of information
and services to help
you live a healthier life.*



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