

# Find an In-Network Provider

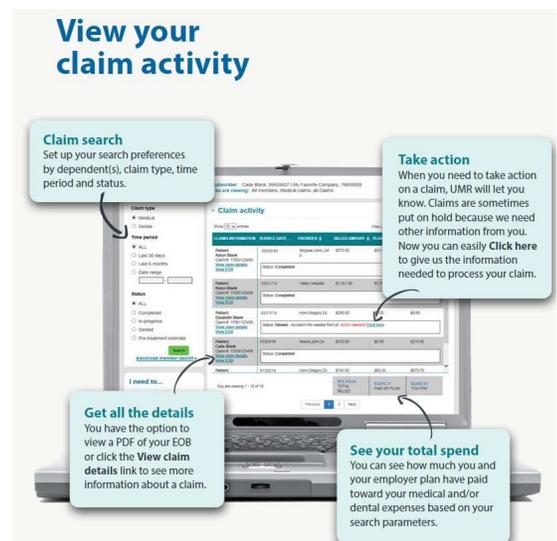
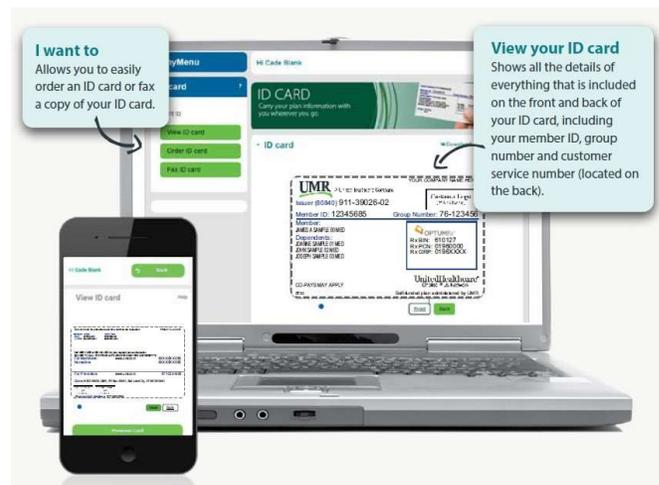
- Step 1: Go to [www.umar.com](http://www.umar.com).
- Step 2: Click "Find a Provider".
- Step 3: Search for "UnitedHealthcare Choice Plus Network" using the alphabet navigation or type "UnitedHealthcare Choice Plus" into the search box.
- Step 4: For medical providers, choose **View Providers**. For behavioral health providers (including counseling and substance use), select **Behavioral health directory**.



A UnitedHealthcare Company

# UMR Online

Go to [www.umar.com](http://www.umar.com) and select **LOGIN/REGISTER**.



As a UMR member, you can access your benefits and claims information anytime, anywhere using your mobile device. There's no app to download - simply login to [www.umar.com](http://www.umar.com).