

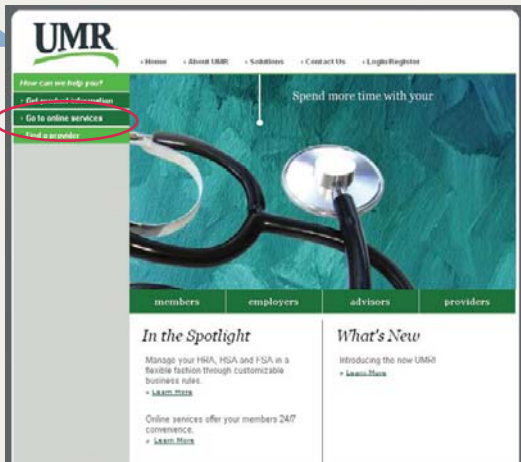
# Fast, Convenient Provider Lookup — Online 24-7



It's easier than ever to find a participating network provider. You can look up health care providers from the UMR Web site's homepage – without having to log in.

Just follow these simple steps ...

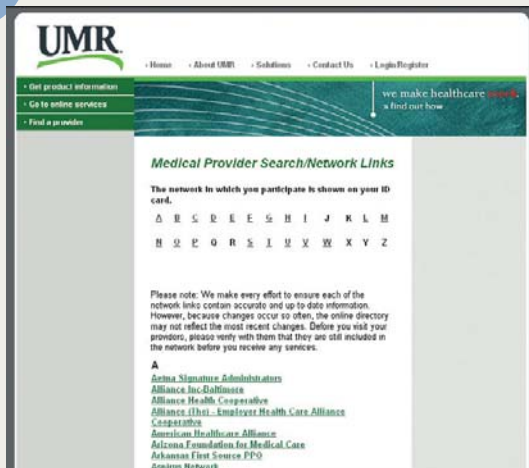
**1** Go to **www.umar.com** and click **Find a provider**



**2** Select **Medical** to look up health providers or select **Dental** to look up dental providers



**3** Check your benefits ID card and select the network in the list that matches the network displayed on your card.



Get the most from your benefit plan – use participating network health care providers whenever possible. Receiving health care services from a participating provider reduces your out-of-pocket health care costs.

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## Accessing providers from your benefits Web site

You may also link to provider listings through your plan sponsor's Web site. If this option is available, all you have to do is select Find a Provider in that site's menu.

Provider listings will be the same regardless of which Web site access point you use.

## If you have UnitedHealthcare's Options PPO or Choice Plus network:

The UnitedHealthcare online provider directories include network hospitals, primary physicians, and specialists. The following information is available:

- Provider name, address, and phone number
- Hospital affiliation
- Board certification
- UnitedHealth Premium® Quality & Cost Efficiency designations that highlight physicians by quality of care and cost standards in their specialty
- Provider ID number
- Office language capabilities (English, Spanish, etc.)
- Map and directions to each office

*Get the most from your benefit plan – use participating network health care providers whenever possible.*



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