



Welcome, callers

How can we be of service to you?

UMR is out to change the way you experience health care. Our team of dedicated plan advisors is standing by to get you connected to the answers you're looking for and the care you need.

It all starts with a single phone number. Simply call 877-852-2545, whether you're wondering about a claim for a recent service or want help finding a provider. A plan advisor can tell you what you want to know about your health care benefits – and so much more.

Get a quick status update

UMR's plan advisors have your benefits information at our fingertips, so we can quickly look up details about your medical coverage and recent claims.

We can explain your out-of-pocket costs for different services, and can tell you how much you have paid – and how much you have left – on your individual or family deductible.

Find the care you need

We know the health care system can be confusing at times. Our job is to walk you through the levels of benefits available to you, and to match you with high-quality, cost-effective providers where you live and work.

And while we have you on the line, we can even help you schedule an appointment with the provider of your choice.

Learn to get and stay healthy

Our plan advisors can talk to you about the benefits of routine care or preventive screenings recommended for you. We also can tell you if you have an opportunity to speak to a coach about managing a health condition or how to prepare for a healthy pregnancy.

And if coaching is right for you, we can help you sign up for a series of one-on-one calls with your coach.



HOW CAN WE HELP?

*Call us today at
877-852-2545
and tell us how we can
be of service to you.
Our plan advisors are
here for you weekdays
from 7 a.m. to 7 p.m.
Central time.*



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