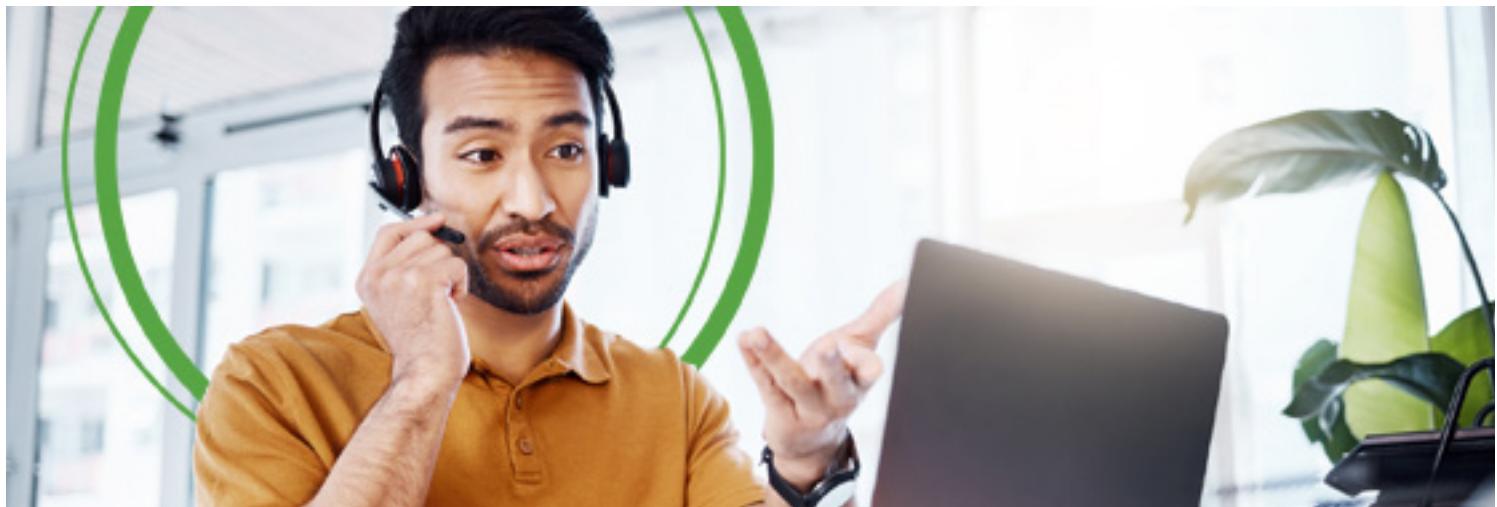


Your Plan Advisor

Ready to connect and guide you to the answers you seek



Because we all need a person we can rely on. Let Plan Advisor be yours.

Health care in the modern world calls for a sensitive, personal approach to service — one that's built on real relationships and trust. Which is why Plan Advisor delivers an experience that's beyond traditional models of member support. Our advisors partner with you so you feel more confident in the decisions you make about your health, and comforted by the steps you're taking to get there.

Whether your question is common or complex, we make it easier for you to get answers by ensuring you have the information you need.

What to expect:

A real relationship

Your Plan Advisor is an actual person who's focused on serving you. They are equipped with the knowledge to support and anticipate your unique needs and goals.

Solutions within reach

If you need something we can't help with right away, we'll find you the resources you need. We'll even stay on the phone as long as it takes to get you answers.

Understanding your coverage

Navigating health care can be tricky, which is why no question is a bad one. Your Plan Advisor is ready to go over your benefits or connect you to the right person, so you won't be caught by surprise with any costs.



Finding the right fit is important

Finding the right provider can feel daunting. We'll match you to high-quality health care providers and the highest level of benefits — right where you live — to avoid paying more than you need to. We can schedule appointments with providers and identify relevant health screenings or preventive care.

We'll help you:

- Look into a recent medical claim to make sure it was paid correctly
- Check to see what your out-of-pocket costs are for services
- See how much you have paid — and how much you have left — of your individual or family deductible
- Understand reward programs available to you
- Discover what services are available to you based on your plan



Visit us anytime
online at umr.com

Sign up for online services and get quick and easy access to your claims and benefits information.

With umr.com, you can:

- Look up network providers
- Check your claims activity
- Review your financial activity
- Find tools for improving your health

You can even sign in on the go with your mobile device.



Let's talk

Our plan advisors are available weekdays from 6 a.m. to 6 p.m.
Mountain Time at 800-207-3172.