



A UnitedHealthcare Company

UMR Member Marketing

Crack the code to better health and wealth! Scan the QR codes with your phone's camera or QR reader to learn more about programs, tools and resources designed to help you stay healthier and save money.



[Understanding your EOB](#)

Find out how to read and understand your explanation of benefits (EOB).



[UMR on the go mobile app](#)

Welcome to a smarter, simpler, faster way to manage your health care benefits, right from the palm of your hand.



[Things to know about your health care benefits plan](#)

Get answers to frequently asked questions about UMR along with details about your explanation of benefits (EOB) and how to access **umr.com**.



[Find a UnitedHealthcare Choice Plus provider](#)

Look up in-network UnitedHealthcare Choice Plus medical and behavioral health providers by following these easy step-by-step instructions.



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Learn how to use **umr.com** to get answers to all your benefits questions.



[Preventive care services](#)

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[10 ways to control health care costs](#)

Get 10 helpful tips on how to control your medical expenses.