

Log in to register on the UMR employee portal by accessing www.umar.com

The image shows the UMR employee portal homepage. At the top left is the UMR logo. To the right are navigation links: Home (house icon), Contact us (speech bubble icon), a registration field with a red arrow pointing to it, a password field with a masked password (dots), and Log in (lock icon). Below the navigation is a large banner for diabetes awareness. The banner features a yellow diamond-shaped sign with a black U-turn arrow. The text on the banner reads: "TURN THE CORNER ON DIABETES" and "More than 1/3 of American adults are on a path to diabetes. It's not too late to reverse course." A green button labeled "Find out how" is positioned at the bottom right of the banner. On the left side of the page, there is a "Member" section with the heading "How can we help you?" and four green buttons: "View site tour", "Find a form", "Tools and resources", and "Report fraud". Below this is a testimonial box with a speech bubble icon and the text: "I use UMR.com to track claims for my knee surgery." Underneath the testimonial is a profile picture of a woman and the text: "UMR member | TRISHA Basketball coach". At the bottom of the page, there are four white boxes with blue icons and text: "Find a provider" (doctor icon), "Plan cost estimator" (target icon), "Healthy You Magazine" (ePub icon), and "Healthy 'U' Presentations" (laptop icon).

Once registered, employees will enter their username and password to access their personalized website. From **myMenu** on the left hand navigation bar, select **Find a Provider** to access the custom Ardent Health Services provider listing.

The screenshot shows the UMR member portal interface. At the top left is the UMR logo. To the right are navigation icons for Home, Live Chat, Messages, Contact us, Account settings, and Log out. Below the logo is a 'myMenu' navigation bar with buttons for Claims, Benefits & coverage, Account balances, ID card, Find a provider, Pharmacy, and Health center. A red arrow points to the 'Find a provider' button. The main content area features a 'WELCOME' banner with a 'Watch video' button and a 'Would you like to take a tour?' prompt. Below the banner is a user profile section with the text: 'Hello [redacted] Last login: 01/03/2017', 'Group number: 76412605 Member ID: [redacted]', and 'Your UMR plans: Medical'. It also lists 'Medical plan details' including deductibles and out-of-pocket amounts, and a 'View plan documents' button. A notification states 'You are currently receiving paperless communications.' Below this are several service tiles: 'Accident details' (ambulance icon), 'Other insurance' (circular arrows icon), 'Health cost estimator' (shopping cart icon), 'Health education library' (book icon), 'Plan cost estimator', 'Glossary', and 'Health news'.

Click on the **View Providers** button.

The screenshot displays the UMR website interface. At the top left is the UMR logo. The top navigation bar includes icons and labels for Home, Live Chat, Messages, Contact us, Account settings, and Log out. The main content area is divided into a left sidebar and a main panel. The sidebar contains a 'myMenu' button, a 'Provider network search' section with a search filter for 'Karen' and 'Medical', and a 'Search' button. The main panel features a 'FIND A PROVIDER' banner with a 'Show me how' button. Below this is a 'Provider network search results' section showing subscriber information and the current provider network. At the bottom of the main panel, a 'Provider network' section includes a 'View providers' button, which is highlighted by a red arrow.

UMR

Home Live Chat Messages Contact us Account settings Log out

myMenu

Hi [REDACTED] < Back

Provider network search ?

I want to view:

Provider networks for

Karen [REDACTED]

Type

Medical

Search

FIND A PROVIDER

Look up providers near you and get the care you need, fast! Show me how

Provider network search results

Subscriber: Karen [REDACTED] | Ahs Management Company, Inc., 76412605

You are viewing: Medical networks for [REDACTED]

Provider network ? Help

For cost effective use of your medical benefits, search for physicians and facilities within your contracted group of providers. Before your next visit, please verify with them that they are still included in the network before you receive any services.

Your provider network is:
AHS MANAGEMENT COMPANY INC

View providers

The customized UMR provider search tool will specify providers by Ardent locations as well as the United Healthcare ChoicePlus Provider list.



FIND A PROVIDER | Ardent Health Services Provider Search

[AHS Lovelace Provider Search](#)

[AHS BSA Provider Search](#)

[AHS Hillcrest Provider Search](#)

[United Healthcare ChoicePlus Provider Search](#)

Excluded Providers:

The Providers below may appear in the UHC Provider Search but are excluded from the AHS employee health plan as follows:

- Northwest Texas Healthcare System - all services are excluded except emergencies and mental health, alcohol or drug treatment
- Presbyterian Healthcare (NM) - all services excluded except emergencies