Email notification options and **umr.com**



Selecting your communication preferences and access privileges

You have options regarding your communications from UMR and private information. Here's how to update:

Step 1: Plan holders must create an account on **umr.com**. Any dependent over age 18 (child or spouse) will also need to create their own **umr.com** account.



Senefits & coverage	your profile se	NT SETTINGS	a - Walk
Account balances			
D card	- Settings		
Find a provider	Personal inform	nation	
maemacy		es to your phone numbers only apply to the Ut dates to your address, contact your HR depart	
Health center	First name	Cade	
	Lest name	Blank	
	Address	9413 CO RD 3 NE ANY TOWN GA3003	4
	Email	a@umr.com	10
		Not provided	-
	Address	9413 CO RD 3 NE ANY TOWN GA3003 eQuint com	4

Communication preferences

Email notification options	Email me when the following is available online: Only employees receive email notifications		
	Explanation of Benefits(EOB) No, don't email me	edt	
	Financial statements No, don't email me	edit	
Paperless options	You can access these communications online, but let us know if you would also like a paper copy in the mail. Your selections will apply to all members on your plan.		
	Explanation of benefits (EOB) Details Mail a paper copy	edit	

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No part of this document may be reproduced without permission. The information provided in this document is for general educational purposes only. It is not intended as medical advice and cannot replace or substitute for individualized medical care and advice from a personal physician. Individuals should always consult with their physicians regarding any health questions or concerns. Step 2: Under Account settings in the Access privileges section, the dependent can identify who should have access to his or her information. Dependents can grant access to any other dependent over 18 years of age in the Account settings tab. To make any changes to access privileges, simply click the edit button within that section, and make sure to save changes.

Step 3: The plan holder must also create an account on umr.com. Once registered, plan holders can update communication preferences in the Account settings section. Under Communication preferences, you can choose to have EOB and financial statement notifications emailed to you as they are available. (You will still need to log in to umr.com to access these communications). You can also elect to have EOBs mailed to you in paper form. *Reminder: Selections for paper and paperless options apply to all members on your plan.*