
GET BACK IN TOUCH WITH THE **BEST OF YOU**

Living with an ongoing health condition can feel like being closed off from the world. Open your mind to better times.

UMR's Ongoing Condition CARE program offers expert resources and one-on-one support to help those with ongoing conditions gain control of their health. It starts with being open to moving in a positive direction and working to make small, but important, changes to your daily routine.

This program is open to medical plan members with one or more of the following conditions:

- ALS, multiple sclerosis, myasthenia gravis or rheumatoid arthritis
- Hypertension, heart failure or coronary artery disease
- Asthma or COPD
- Depression or anxiety*
- HIV/AIDS, hepatitis C or sickle cell anemia
- Ulcerative colitis or Crohn's disease
- Breast, prostate, colorectal or lung cancers
- Diabetes (types 1 or 2)
- Chronic kidney disease

*Only when identified as a co-morbidity



CONTINUED ON BACK



BENEFITS OF BETTER HEALTH

When you are able to manage your symptoms, you can:

- Feel better and do more
- Reduce or eliminate the need for medications
- Lower your long-term health risks
- Avoid flare-ups that lead to ER visits
- Cut your out-of-pocket costs

PERSONAL CARE NURSE

Individuals with one or more of the managed conditions may be contacted and invited to participate in a series of one-on-one calls with a UMR CARE nurse. Our CARE nurses address your main concern, positively impacting your care. This includes closing gaps in care, delivering evidence-based information and working directly with you to improve self-management and advocacy of your overall health.

CARE nurses will advocate and encourage following your doctor's advice and addressing any barriers that might be holding you back. Our program allows you to self enroll at any time, even after completing the program. Our CARE nurses are here to support you wherever you are in your health journey.

CARE ON THE GO

The CARE app, powered by Vivify Health, allows us to meet members where they are by connecting them to CARE nurses through their mobile device. Our nurses can view individual health metrics from self-reported data or synchronized monitoring devices and are able to virtually connect with members by text, email or face-to-face via streaming video.

GET STARTED

You can sign up to work with a UMR CARE nurse in two easy ways:

- 1 Log in to **umr.com** and from the Health center, select **Ongoing Conditions** and then select **Enroll Now** or **scan the QR code**
- 2 Call us toll free at **866-575-2540**



Looking for help?

Log in to **umr.com** and select **Contact us** to send an email to the **Ongoing Condition CARE** program. Then, tell us how we can reach you and the reason for your email and one of our specialists will contact you within two business days.

You can also call us at the phone number above.