

How to Find a United Healthcare Options PPO Provider



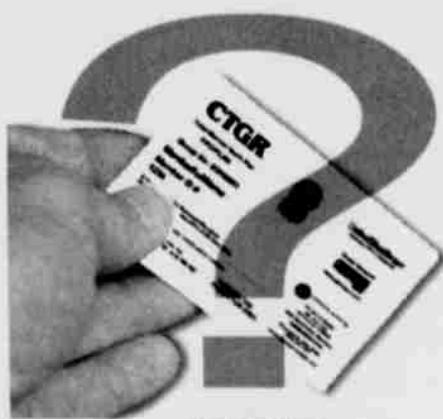
For United Medical Resources members, the quickest way to find a physician or other health care professional in the United Healthcare Options PPO network is to go online to www.myumr.com.

- 1) Simply go to www.myumr.com
- 2) Under Plan Links in the left side menu click on "PPO Links - Find a Provider"
- 3) Click on "United Healthcare Options PPO network (medical)"
- 4) Select "United Healthcare Options PPO network" in the drop down box and click "Search physicians or facilities"
- 5) Complete your preferred search type, criteria and specialty to define your needs and select "Continue"

On this site you can get background information on physicians, plus driving directions to get to a physician, hospital or other health care professional in your network.

You can even find out which physicians are recognized in the UnitedHealth Premium designation program, a free informational tool that highlights physicians by quality standards in their specialty.

How to read your insurance card



FRONT

Medical Name of Network

BACK

<div style="border: 1px solid black; padding: 5px;"> <p>CTGR Tribal Member Health Plan PPO PLAN</p> <p>Group No: 038104RT</p> <p>Member Full Name</p> <p>Member ID # 1234 Enrollment #</p> <p><small>\$10 Co-Pay for Preferred Providers PPO \$0 Ded, 90%; Non-PPO \$100 Ded, 80%</small></p> <p><small>For questions or coverage verification contact:</small></p> <p>United Medical Resources, Inc. Monday - Friday 9:30 AM - 4:00 PM PST</p> <p style="text-align: right;">1-888-384-7238 (1-888-CTGR-GEN)</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">UnitedHealthcare Options PPO Network</p> <p>Dental Network www.pponet.com</p> <p>EXPRESS SCRIPTS We like to receive your prescriptions at our Express Scripts 24x7 Customer Service 1-888-858-8543 Pharmacy Help Desk 1-800-237-2377 www.ussp.com</p> </div>												
<p>Medical Name of Network</p> <p>Name of Dental Network</p> <p>Name of Prescription Network</p>	<div style="border: 1px solid black; padding: 5px;"> <p><small>Notification may be required for inpatient and certain outpatient services. Please contact United Medical Resources at 877-284-7367 8:30AM - 5:00PM EST Mon-Fri. For coverage, eligibility, claim or provider information call: (888) 950-4867. Members - www.myumr.com; Providers - www.umr.com. This program should be followed or your benefits may be affected.</small></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="font-size: 8px;"><small>Shared Savings networks listed below by state. In-network benefits may not apply.</small></td> <td style="font-size: 8px;">UMRLink (24/7 nurse line) 888-UMR-6950</td> </tr> <tr> <td style="font-size: 8px;"><small>Branch Offices: AL, AK, AZ, CA, HI, IL, IN, MI, MN, NY, OH, PA, RI, SD, TN, VA, WI, WV, WY</small></td> <td style="font-size: 8px;">Send Claims to: Nurse line</td> </tr> <tr> <td style="font-size: 8px;"><small>Branch Offices: AR, CO, CT, DE, DC, FL, GA, IA, KS, LA, ME, MA, MD, MO, MT, NJ, NM, ND, OR, OK, RI, SC, SD, TX, VA, VT, WA, WI, WV, WY</small></td> <td style="font-size: 8px;">Medical Payer ID # 3197 for Dental Payer ID # 32188</td> </tr> <tr> <td style="font-size: 8px;"><small>Branch Offices: HI, NY, OH, PA, SC, VA</small></td> <td style="font-size: 8px;">United Medical Resources, Inc.</td> </tr> <tr> <td></td> <td style="font-size: 8px;">PO Box 149884</td> </tr> <tr> <td></td> <td style="font-size: 8px;">Cincinnati, OH 45250-5884</td> </tr> </table> <p style="font-size: 8px;"><small>Please refer to your summary plan description for detailed information.</small></p> <p>UMR A UnitedHealthcare Company</p> <p><small>This card is for identification purposes only and does not guarantee coverage.</small></p> </div>	<small>Shared Savings networks listed below by state. In-network benefits may not apply.</small>	UMRLink (24/7 nurse line) 888-UMR-6950	<small>Branch Offices: AL, AK, AZ, CA, HI, IL, IN, MI, MN, NY, OH, PA, RI, SD, TN, VA, WI, WV, WY</small>	Send Claims to: Nurse line	<small>Branch Offices: AR, CO, CT, DE, DC, FL, GA, IA, KS, LA, ME, MA, MD, MO, MT, NJ, NM, ND, OR, OK, RI, SC, SD, TX, VA, VT, WA, WI, WV, WY</small>	Medical Payer ID # 3197 for Dental Payer ID # 32188	<small>Branch Offices: HI, NY, OH, PA, SC, VA</small>	United Medical Resources, Inc.		PO Box 149884		Cincinnati, OH 45250-5884
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Note time

Call if you have questions, bills, eligibility, medical, dental network

Is It an Emergency?

If you or a family member is sick or hurt, you might wonder what to do. Should you go to the emergency department? Should you call 911? Should you call your doctor or clinic?

Some reasons to Be treated in the emergency department Or call 911...

When you have a very serious health problem such as these, go to the emergency department or call 911:

- Chest pain.
- Trouble breathing.
- Very high fever.
- Deep cut or bleeding that won't stop.
- First-time seizure.
- Severe seizure.
- Broken bone.
- Major injury, such as a car accident.
- Severe pain.
- Unconsciousness, unusual sleepiness or confusion.
- Abuse, such as a beating, stab wound or gunshot wound



Sometimes it's better to Call your doctor or clinic . . .

If it's not an emergency, you may have a long wait while people with urgent problems are cared for first. Call your doctor or clinic when you need care for:

- Earache.
- Toothache.
- Rash.
- Colds, cough, sore throat, flu or sinus.
- Minor cooking or household burn.
- Sunburn.
- Back pain that you have often.
- Minor headache.
- Broken cast.
- Teething baby.
- Stitches that need to be taken out.
- Medicine refills.