

UMR Ongoing Condition CARE



UMR offers expert resources and one-on-one support to help those with one or more of the following conditions:

- ALS, Multiple Sclerosis, Myasthenia Gravis, Rheumatoid Arthritis
- Hypertension, heart failure, CAD
- Asthma, COPD
- Depression, anxiety (co-morbidity)
- HIV, Hep C, Sickle Cell Anemia
- Ulcerative Colitis, Crohn's Disease
- Cancer: breast, prostate, colorectal, lung
- Diabetes (types 1 and 2)
- Chronic Kidney Disease (CKD)



To get started:

- Sign in to **umr.com** and from the **Health center**, select **Ongoing Conditions** and then select **Enroll Now**
- Call us toll-free at **866-575-2540**



Feel better, do more

UMR CARE nurses can help you reduce your need for medications, lower your long-term health risks and avoid flare-ups that lead to ER visits.

Members who participate in this program receive:

- Resources to help you better understand your condition, education on alternative therapies outside of opioids or surgery and unhealthy habits that might be holding you back
- One-on-one calls with a registered nurse who can motivate and guide you in taking actions to control your symptoms and improve your overall health
- Support and assistance to reduce or eliminate the need for medications

CARE on the Go



The CARE app, powered by Vivify Health, lets you connect with a CARE nurse with your mobile device, no matter where you are. Our nurses can view individual health metrics from self-reported data or synchronized monitoring devices and are able to virtually connect with you by text, email or face-to-face via streaming video.

