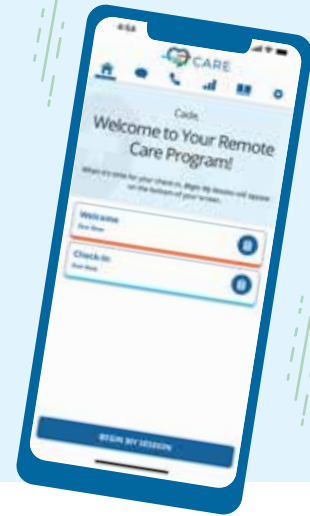# Personalized care and support

on demand, anytime, anywhere

With the **CARE app, powered by Vivify Health**, you'll experience an integrated health care solution that blends technology with personal connections.

We will personalize your CARE experience to support and encourage self-management and advocacy. Some of the robust features include:

- Access to educational articles and videos about general wellness or a specific condition.

- Allows you to send and receive text messages securely when working with a CARE nurse.

- Ability for you to track blood pressure, blood sugar, oxygen level and weight. This information is then shared with your CARE nurse to help manage your condition (when appropriate).

- Ability for your CARE nurse to initiate a virtual visit with you if needed.

With the CARE app, there is something for everyone

For all members: We help maintain your health with ongoing wellness and health tips and provide access to educational materials and tools to help address any health concerns.

With our CARE programs, our CARE nurses are able to extend their communication with members via the CARE app to provide support.

When working with a CARE nurse: We provide a clinical, hands-on, heightened level of oversight with optional device integration and virtual visits.

Getting started is easy

Enroll today! We'll need some basic information along with an email address, mobile phone number and your UMR member ID and group ID numbers. Simply scan the **QR code** or access the enrollment page at **go.umr.com/get-care-app**

CARE
A UMR Solution