



# We may be trying to reach you

## We care about your health and might be calling to offer support.

As part of your health care benefits, our team of UMR CARE specialists may reach out to you to offer assistance with:

- Understanding your treatment plan from the beginning of your care through recovery
- Reviewing treatment options your doctor has proposed
- Serving as your advocate to help you and your family navigate the health care system
- Helping you better understand complex health care issues

## Update your contact list.

To ensure a call from UMR CARE to your phone doesn't appear to be a Spam call, we are providing you with our phone numbers from which you may receive a call.

**To add the UMR CARE program numbers to your contact list, scan the QR code below for each program included in your benefit plan.** That way, if we do call, your phone will identify the incoming call as the CARE program, and you'll know to take the call.

Please note: Not all programs are available to all members. Refer to your benefit plan to see which programs are available to you.



Complex Condition CARE  
Complex Condition CARE +



Ongoing Condition CARE



Wellness CARE



Maternity CARE

If you need to contact UMR CARE, please call the number on your member ID card.

