

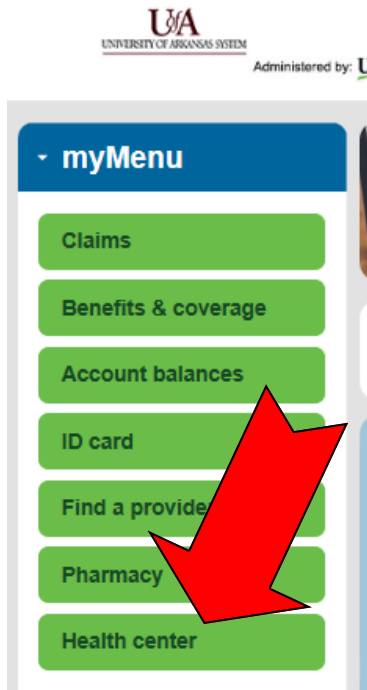
How to Submit Tobacco Attestation Online:

To complete the tobacco pledge, log onto the UMR website. Visit the UMR Member Portal at www.umar.com to complete the Tobacco/Nicotine Pledge and Notice. If this is your first time on the Member Portal, you'll need to register.

Step 1: Once Logged in—click on “Health Center” Link

Step 2: Click on the “Wellness Activity Center”

This step is being eliminated. You may jump to #4
Step 3: Click on “Get Started”



Wellness activity center

Resources to keep your health in focus

This is the place to take a more active role in your personal health. Check in anytime to learn more about the opportunities available and health care benefits. These include resources to help you focus on achieving your goals.

Here you can:

- Complete your health assessment (CHRA)
- Learn how to assess your personal health risks
- Find resources you can use to stay on track
- Record your health activities and track your progress

Get started

Step 4: Complete your Attestation in the Log Your Activity Area

Step 5: Once the system updates, you will see a checkmark by Tobacco/Nicotine Pledge Area

