

# How to Record Your Tobacco Pledge and Notice

Step 1: visit [umr.com](http://umr.com)

- If you already have an account, click on the 'Login/Register' button in the upper right hand side of the screen.
- If it is your first time visiting, click the 'Login/Register' button to open an account.

Helpful hints:

- When you register to use your online services for the first time, make sure you have your UMR member ID card handy. You will need your member ID number and group number (no dashes) to enroll and you may find this information on the front of your ID card.
- You will need to provide a valid email address when you register.
- Make sure you select a username and password you can remember and write it down some place safe. You will need these when you log in again in the future. If you can't remember your username and password, or if it has been longer than a year since you last logged in, you will need to re-register.

The screenshot displays the UMR website interface. At the top, the UMR logo is on the left, and navigation links for Home, Contact us, and Login/Register are on the right. A central banner features the text 'NAIL Take control clutter - a' and a 'Read Health' button. Below the banner, a 'Login to umr.com' form is visible, containing fields for Username and Password, a 'Go' button, and links for 'I forgot my Username or Password' and 'Need help? Contact us'. To the right of the login form is a 'Create an account' section with a 'Register' button and a list of benefits: 'View benefits and claims', 'Find an in-network provider', and 'Access an ID card, and more'. On the left side, a 'Hello' section offers help for various roles: Member, Employer, Provider, Producer, Partner, and en Español. At the bottom, there are four service tiles: 'Find a provider', 'Connect with us' (with a YouTube icon), 'Received survey?', and 'Healthy You Magazine' (with an ePub icon). A footer section includes 'About Us', a privacy notice, and a YouTube channel link.

## Step 2: Record your Tobacco Pledge and Notice

- Click on the 'Health center' button on the bottom left side of the screen


The screenshot displays the UMR member portal interface. At the top, the University of Arkansas System logo is on the left, and navigation icons for Home, Live Chat, Messages, Contact us, Account settings, and Log out are on the right. Below the navigation bar, the user's name 'Home' and the last login date '02/10/2019' are shown. The main content area is divided into a 'myMenu' sidebar on the left and a 'My plan details' section on the right. The 'myMenu' sidebar contains buttons for Claims, Benefits & coverage, Account balances, ID card, Find a provider, Pharmacy, and Health center. The 'Health center' button is highlighted with a red border. The 'My plan details' section shows a blurred email address, group number 76411309, member ID, and current plan choices of Medical and Flex. Below this, there are links for 'Questions? Click to chat', 'View plan documents', and 'View benefit details'. A message at the bottom of the plan details section states: 'Your experience is important to us. As we make updates to enhance umr.com throughout the year, you may be asked to update your account or security settings. We appreciate your patience as we work to optimize your digital experience.' Below the message is a grid of service tiles: 'Got questions?' with a 'Click to Chat' button, 'Accident details', 'Other medical insurance', 'Health cost estimator', 'Health education library', 'Take a CHRA', 'Glossary', and 'Health news'. At the bottom left, there is a section titled 'I need to...' with a 'Find a form' link.

- On the Health Center screen, click on the 'Wellness activity center' tile.

# HEALTH CENTER

Are you ready for a change? Start today!

Get started




## Health center

HEALTH CENTER | How can we help you today?

At UMR, we're committed to providing you with the tools you need to help you get and stay healthy. Select a topic:










I need to get care for myself or a family member  
If you are severely ill and/or this is an emergency, call 911.



I want tips on healthy living

Explore the tiles below to access additional helpful tools and information.

<p>Take a CHRA</p> 	<p>Wellness activity center</p> 	<p>Start a health action plan</p> 	<p>Keep a health record</p> 
<p>Health cost estimator</p> 	<p>Chronic conditions</p> 	<p>Expecting a baby?</p> 	<p>Healthy 'U' Presentations</p> 

- On the Wellness Activity Center page, click on the 'Get started' button.

**WELLNESS ACTIVITY CENTER**  
Resources to keep your health in focus

▾ **Wellness activity center**

**Resources to keep your health in focus**  
This is the place to take a more active role in your personal health and well-being. Check in anytime to learn more about the opportunities available at no cost to you as part of your health care benefits. These include resources to help you identify what areas you wish to target as you focus on achieving your goals.

**Here you can:**

- Complete your clinical health assessment (CHRA)
- Learn ways to address your personal health risks
- Find strategies you can use to stay on track
- Record your health activities and track your progress in plan-sponsored wellness events

**Get started**

New window  
Checking into the wellness activity center will direct you to a new window. To return to umr.com, simply close the new window or navigate back to the open page in your browser

- The member will be directed to the portal.
- On the below screen click on 'Choose' from the Log your activities and events widget.

Home UMR Menu

Welcome, [Name] Select Language

**Log your activities and events**

Track your Tobacco/Nicotine Pledge and Notice  
There are open events available.

**Choose** More

**Tobacco Cessation**

UMR's Tobacco and Nicotine Cessation Program  
Tobacco users only-please submit an enrollment form to UMR (Complete a Tobacco/nicotine pledge & notice in Log your activities).

- Tobacco and Nicotine Cessation Enrollment Form (800) 207-7680

**Other Options**

- 1-800-Quit Now (877) 448-7848
- Arkansas Stamp Out Smoking (800) 784-8669
- Pat Walker Health Center (479) 575-4451
- The American Cancer Society Quit for Life (800)

**Clinical health risk assessment**

Complete your assessment by Sep 30, 2019.

**Start**

**Action plans**

You may enroll in an action plan now.

**Choose**

- After you click on 'Choose', click on the 'Record' button.

**Log your activities and events**


Track your Tobacco/Nicotine Pledge and Notice  
There are open events available.

[Choose](#)

[Less](#)

[Open](#) [Upcoming](#) [Recorded](#)

**Tobacco/Nicotine Pledge and Notice**

 Record by May 31  
The University of Arkansas recognizes the value and importance of a tobacco-free workplace.

[About](#) [Record](#)

- Click on the drop down button and choose the appropriate selection.
- Click on the calendar next to 'Completed' and choose the date you are completing your pledge
- Click in the box next to 'I have completed the event requirements'
- Click on 'Record' at the bottom of this widget

**Log your activities and events**

**Tobacco/Nicotine Pledge and Notice**

**Open date:** Apr 1  
**Close date:** May 31

**PLEASE CHECK ONE OF THE FOLLOWING THREE OPTIONS:**

I attest that I am not a tobacco/nicotine user.

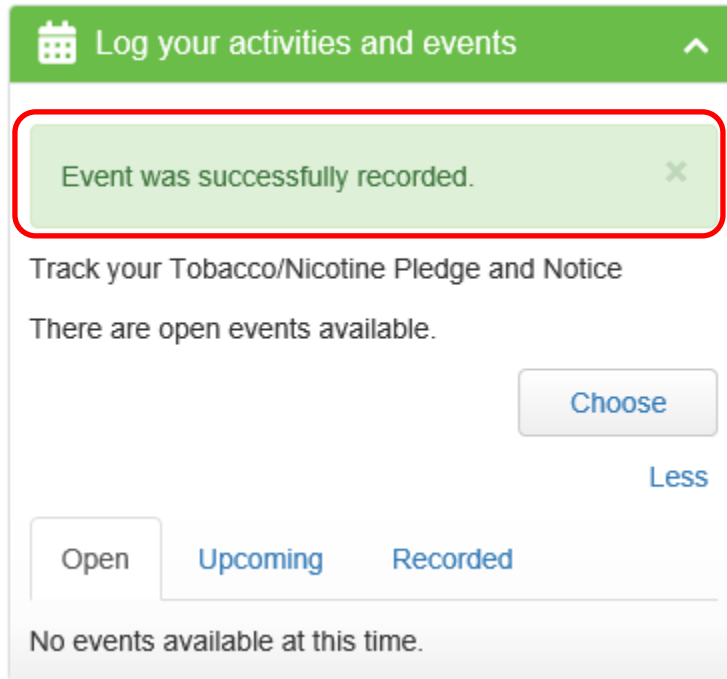
**Completed:** Apr 12

**I have completed the event requirements.**  
The University of Arkansas recognizes the value and importance of a tobacco-free workplace. We have created a program to encourage and assist employees in ending their use of tobacco/nicotine

By recording a response below, I indicate that all information is true. I also understand that if I provide false information on this Pledge and Notice, my doing so may be considered insurance fraud. Insurance fraud is generally defined as the "intentional misrepresentation of material facts and circumstances to an insurance company to obtain payment that would not otherwise be made." Disciplinary action will be taken, up to and including termination, should this occur.

[Cancel](#) [Record](#)

- After you click on the 'Record' button, the Log your activities and events widget will indicate the 'Event was successfully recorded'



- When a member needs to verify this information at a later date, they will need to follow the login instructions above, then once on the portal in the Log your activities and events widget, click on the 'Recorded' tab and it will display the date the member recorded their pledge and notice

