

Ongoing Condition CARE

Begin living your best life

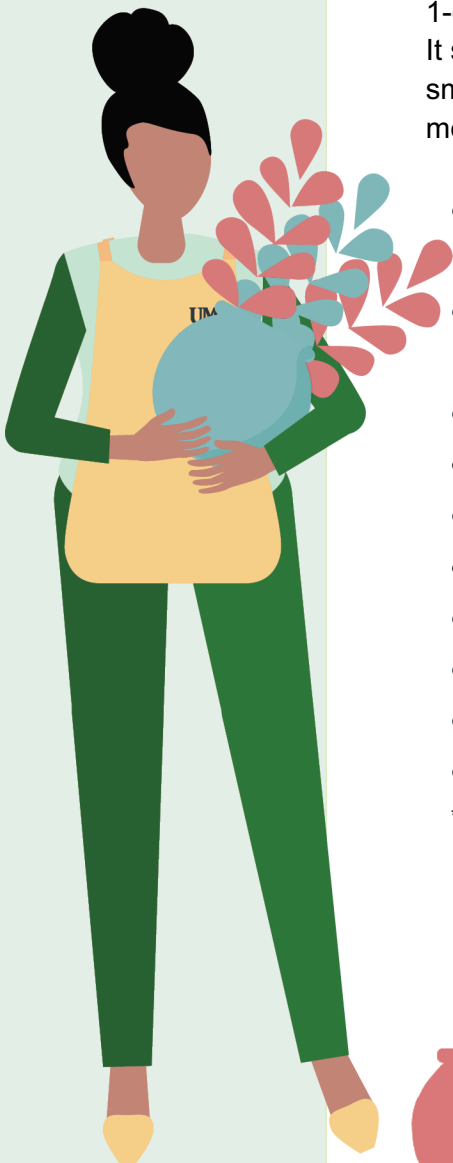
**Managing an ongoing condition takes patience
and a gentle approach to caring for yourself**

UMR's Ongoing Condition CARE program offers expert resources and 1-on-1 support to help those with ongoing conditions gain control of their health. It starts with being open to moving in a positive direction and working to make small, but important, changes to your daily routine. This program is open to medical plan members with 1 or more of the following conditions:

- **Neuromuscular/Autoimmune Disorders:** ALS, Multiple Sclerosis, Muscular Dystrophy, Myasthenia Gravis, Rheumatoid Arthritis
- **Cardiovascular Disorders:** Hypertension, Heart Failure, Coronary Artery Disease
- **Respiratory Disorders:** Asthma (Adult and Pediatric), COPD
- **Behavioral Health Disorders:** Depression, Generalized Anxiety Disorder*
- **Blood Disorders:** HIV/AIDS, Hepatitis C, Sickle Cell Anemia
- **Gastrointestinal Disorders:** Ulcerative Colitis, Crohn's Disease
- **Oncology:** Breast, Prostate, Colorectal or Lung Cancers
- **Endocrine Disorders:** Diabetes: Type 1 and Type 2 (Adult and Pediatric)
- **Genitourinary Disorders:** Chronic Kidney Disease
- **Musculoskeletal Disorders:** Chronic pain

* Generalized Anxiety Disorder is managed when it occurs along with other qualified conditions.

**Your participation is voluntary, but
highly encouraged, and all resources
are available at no cost to you.**





LOOKING FOR HELP?

Sign into **umr.com** and select **Contact us** to send an email to the **Ongoing Condition CARE** program.

You can also call us toll-free at **866-575-2540**.



PERSONAL CARE NURSE

Individuals with 1 or more of the managed conditions may be invited to participate in a series of 1-on-1 calls with a UMR CARE nurse. Or you can self-enroll at any time.

Our CARE nurses are ready to provide you with customized guidance and support, wherever you are in your health journey. They are informed, compassionate listeners who can answer your questions and empower you to make better choices to improve your daily life.

If you enroll in the program, you'll be assigned a dedicated CARE nurse who can help you:

- Set up a personalized plan for managing your ongoing health condition
- Get answers to your questions
- Understand your provider's treatment plan or instructions for care – and help you stick to it

GET STARTED!

You can sign up to work with a UMR CARE nurse in three easy ways:

1. Sign into **umr.com** and from the **Health center**, select **Ongoing Conditions** and then select **Enroll now**.
2. Scan the QR code.
3. Call us toll-free at **866-575-2540**.

BENEFITS OF BETTER HEALTH

When you are able to manage your symptoms, you can:

- Feel better and do more
- Avoid flare-ups that lead to ER visits
- Cut your out-of-pocket costs
- Reduce or eliminate the need for medications
- Lower your long-term health risks