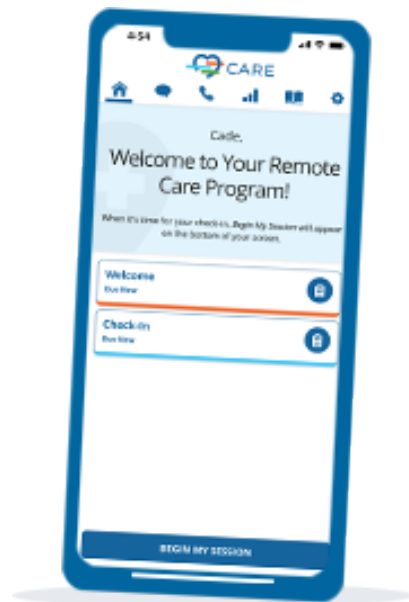# Say "hello" to the **CARE app**

on demand, anytime, anywhere

UMR, your medical benefits plan administrator, is now offering another way for you to interact with our CARE team to improve your health. The UMR **CARE app**, powered by Vivify Health, gives you a simple way to contact our clinical staff to learn about and help manage your condition, chat with us, and set up daily push notifications to keep you on track with positive changes. **All from your mobile device**!

UMR CARE programs offer health support for all eligible members. When you enroll in a CARE program, you will be connected with a CARE nurse or coach who will partner with you to improve your overall well-being.

Enroll today!

Before downloading, we ask that you take a few minutes to enroll using the steps below. All we need is some basic information along with an email address, mobile phone number and your UMR member ID and group ID numbers.

1. Simply access the enrollment page at **CARE App by Vivify Health**
2. Complete and submit the online enrollment form
3. You'll get a text message from UMR CARE with a link to download the app

CARE
A UMR Solution