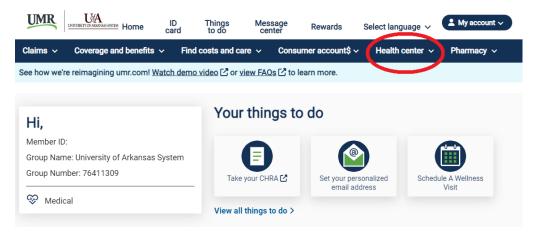
Open the Microsoft Edge browser (note: other browsers are not supported). Visit umr.com – login as a "MEMBER"

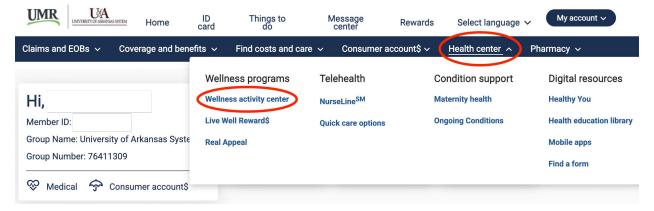
From the UMR member home page, find the "Health Center"



Benefits usage (i)

Recent claim activity

Hover over the "Health Center", then click on the "Wellness activity center"



Click "Get started"





Wellness activity center

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

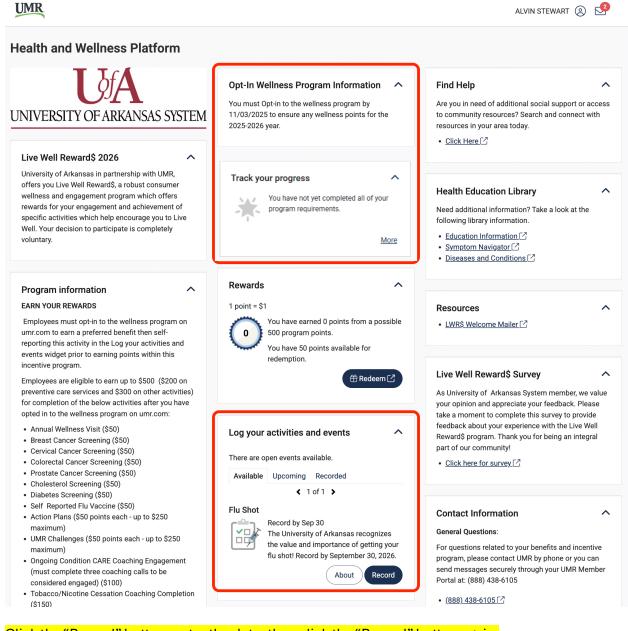
Here you can:

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



weliness activity center will direct you to a new window. To return, simply close the new window or he open page in your browser.

Find "Opt-in to Wellness Program on UMR.com"



Click the "Record" button, enter the date, then click the "Record" button again.

