

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”**

UMR | UNIVERSITY OF ARKANSAS SYSTEM Home ID card Things to do Message center Rewards Select language My account

Claims Coverage and benefits Find costs and care Consumer account\$ **Health center** Pharmacy

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Hi, Member ID: Group Name: University of Arkansas System Group Number: 76411309 Medical

**Your things to do**

- Take your CHRA
- Set your personalized email address
- Schedule A Wellness Visit

[View all things to do >](#)

Benefits usage ⓘ

Recent claim activity

Hover over the **“Health Center”**, then click on the **“Wellness activity center”**

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Claims and EOBs Coverage and benefits Find costs and care Consumer account\$ **Health center** Pharmacy

Wellness programs Telehealth Condition support Digital resources

**Wellness activity center** NurseLineSM Maternity health Healthy You

Live Well Reward\$ Quick care options Ongoing Conditions Health education library

Real Appeal Mobile apps Find a form

Click **“Get started”**

Claims Coverage and benefits Find costs and care Consumer account\$ Health center Pharmacy

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## Wellness activity center

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 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

**Get started**

Clicking into the Wellness activity center will direct you to a new window. To return, simply close the new window or navigate back to the open page in your browser.

A new screen will open (be sure that you are using Microsoft Edge).  
This is the Health and Wellness Platform for the University of Arkansas.

Find “Opt-in to Wellness Program on UMR.com”

ALVIN STEWART  

## Health and Wellness Platform



### Live Well Reward\$ 2026

University of Arkansas in partnership with UMR, offers you Live Well Reward\$, a robust consumer wellness and engagement program which offers rewards for your engagement and achievement of specific activities which help encourage you to Live Well. Your decision to participate is completely voluntary.

### Opt-In Wellness Program Information

You must Opt-in to the wellness program by 11/03/2025 to ensure any wellness points for the 2025-2026 year.

#### Track your progress

You have not yet completed all of your program requirements.

[More](#)

### Find Help

Are you in need of additional social support or access to community resources? Search and connect with resources in your area today.

- [Click Here](#)

### Health Education Library

Need additional information? Take a look at the following library information.

- [Education Information](#)
- [Symptom Navigator](#)
- [Diseases and Conditions](#)

### Program information

#### EARN YOUR REWARDS

Employees must opt-in to the wellness program on umr.com to earn a preferred benefit then self-reporting this activity in the Log your activities and events widget prior to earning points within this incentive program.

Employees are eligible to earn up to \$500 (\$200 on preventive care services and \$300 on other activities) for completion of the below activities after you have opted in to the wellness program on umr.com:

- Annual Wellness Visit (\$50)
- Breast Cancer Screening (\$50)
- Cervical Cancer Screening (\$50)
- Colorectal Cancer Screening (\$50)
- Prostate Cancer Screening (\$50)
- Cholesterol Screening (\$50)
- Diabetes Screening (\$50)
- Self Reported Flu Vaccine (\$50)
- Action Plans (\$50 points each - up to \$250 maximum)
- UMR Challenges (\$50 points each - up to \$250 maximum)
- Ongoing Condition CARE Coaching Engagement (must complete three coaching calls to be considered engaged) (\$100)
- Tobacco/Nicotine Cessation Coaching Completion (\$150)

### Rewards

1 point = \$1



You have earned 0 points from a possible 500 program points.

You have 50 points available for redemption.

[Redeem](#)

### Log your activities and events

There are open events available.

[Available](#) [Upcoming](#) [Recorded](#)

◀ 1 of 1 ▶

#### Flu Shot



Record by Sep 30  
The University of Arkansas recognizes the value and importance of getting your flu shot! Record by September 30, 2026.

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

### Resources

- [LWR\\$ Welcome Mailer](#)

### Live Well Reward\$ Survey

As University of Arkansas System member, we value your opinion and appreciate your feedback. Please take a moment to complete this survey to provide feedback about your experience with the Live Well Reward\$ program. Thank you for being an integral part of our community!

- [Click here for survey](#)

### Contact Information

#### General Questions:

For questions related to your benefits and incentive program, please contact UMR by phone or you can send messages securely through your UMR Member Portal at: (888) 438-6105

- [\(888\) 438-6105](#)

Click the “Record” button, enter the date, then click the “Record” button again.

### Log your activities and events

#### Flu Shot

**Open date:** Sep 1  
**Close date:** Sep 20

The University of Arkansas recognizes the value and importance of getting your flu shot. Self Attest that you have completed your flu shot.

Completed:  

☐ I have completed the event requirements.

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

### Log your activities and events

No events available at this time.

[Available](#) [Upcoming](#) [Recorded](#)

| Event                                 | Completed | Recorded | Points |
|---------------------------------------|-----------|----------|--------|
| Opt-in to Wellness Program on UMR.com | Oct 1     | Oct 2    | 0      |
| Flu Shot                              | Sep 18    | Oct 2    | 0      |

