How to Record Your Tobacco/Nicotine Pledge and Notice

Step 1: visit 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.
Step 2: Record your Tobacco/Nicotine Pledge and Notice

- Click on the ‘Health center’ button on the bottom left side of the screen
On the Health Center screen, click on the ‘Wellness activity center’ tile.
On the Wellness Activity Center page, click on the ‘Get started’ button.

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

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

The University of Arkansas recognizes the value and importance of a tobacco-free workplace.
- 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.

Tobacco/Nicotine Pledge and Notice

Open date: Oct. 1
Close date: Nov. 30

PLEASE CHECK ONE OF THE FOLLOWING THREE OPTIONS:

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

Completed: Nov. 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.

[Record Button]
• 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.

*Please note it can take 24 hours for your tobacco attestation to show completed.