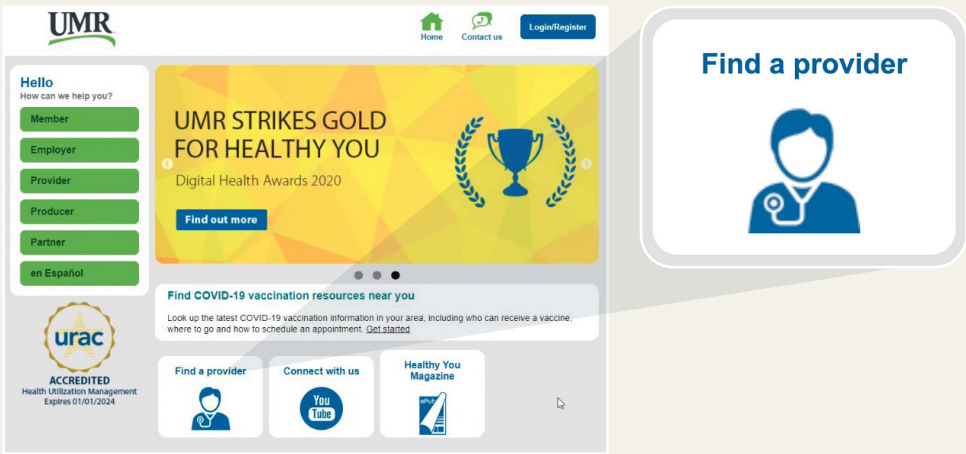


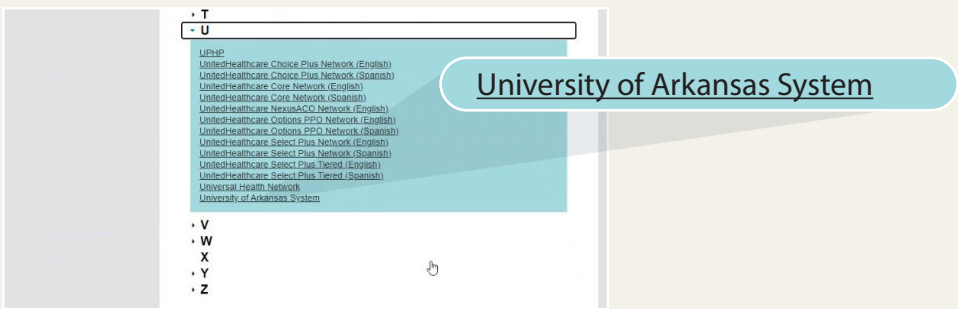
# Finding an In-Network Provider

To find an in-network provider, start by visiting [umr.com](http://umr.com).

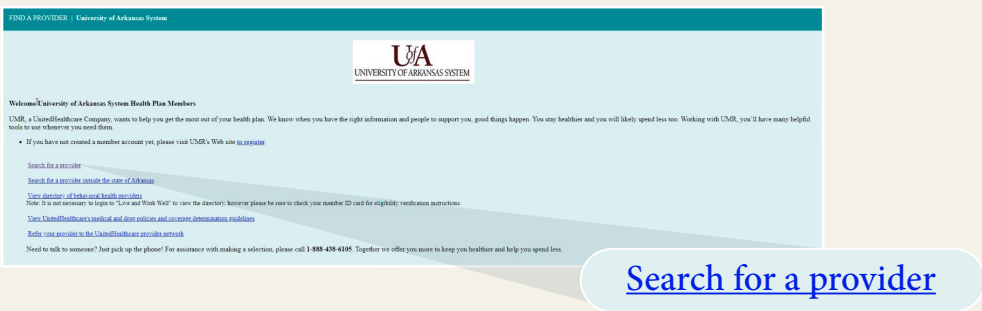
1. From the home page, click **Find a provider**.



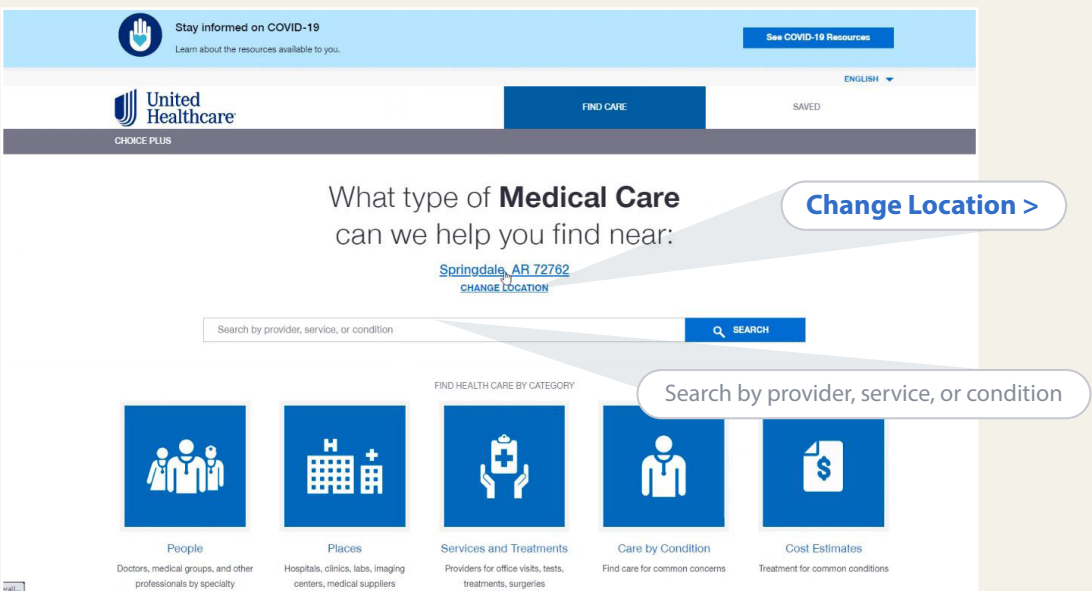
2. Select the provider network by scrolling down and clicking **University of Arkansas System**.



3. To start your provider search, click **Search for a provider**.



4. Click Change Location to add your address or zip code. You can then search for a provider by name, specialty, location, service, cost, and more.



If you have any questions, please call UMR at **888.438.6105**.