

Open the **Microsoft Edge** browser (note: other browsers are not supported).

Visit [umr.com](http://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”**

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

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Wellness programs Telehealth Condition support Digital resources  
Take a CHRA NurseLineSM Maternity CARE Healthy You  
**Wellness activity center** Ongoing Condition CARE Health education library  
Live Well Reward\$ Mobile apps  
Real Appeal Quick care options  
Find a form

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

[View all things to do >](#)

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](#)

Checking 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"

The screenshot shows the 'Health and Wellness Platform' interface. On the left is a navigation menu with 'Live Well Reward\$ 2025' and 'Program information'. The main content area includes a 'Track your progress' section with a star icon and a 'Rewards' section showing 0 points earned from a possible 500. Below that is a 'Log your activities and events' section with a calendar icon and a notification for 'Opt-in to Wellness Program on UMR.com' which is highlighted with a red box. The notification includes a calendar icon, the text 'Record by Jan 15', and 'Opt-in to the wellness program to earn a preferred benefit and prior to earning points within this incentive program.' with 'About' and 'Record' buttons. To the right is a sidebar with 'Lab results and health records' (Personal History, Medical History, Medications, Contacts, Report) and 'Health Education Library' (Education Information, Symptom Navigator, Diseases and Conditions) and a 'Live Well Reward\$ Survey' section.

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

This screenshot shows the 'Log your activities and events' form. The 'Opt-in to Wellness Program on UMR.com' notification is highlighted with a red box. The form includes the following fields and options: 'Open date: Oct 1', 'Close date: Jan 15', a description of the program, a 'Completed:' field with the date '10/02/2024' and a calendar icon, a checked checkbox 'I have completed the event requirements.', and 'Cancel' and 'Record' buttons.

Once completed, you will see the Golden Star congratulating you for opting in!

### Health and Wellness Platform



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#### Live Well Reward\$ 2025

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.

#### Program information

##### EARN YOUR REWARDS

You 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.

You 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

#### Track your progress

🌟 Congratulations! You have met all your program requirements.

Title	Status
Opt-In to Wellness Status	✓

#### Rewards

1 point = \$1

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

You have 100 points available for redemption.

[Redeem](#)

#### Lab results and health records

- Personal History
- Medical History
- Medications
- Contacts
- Report

#### Health Education Library



Also on this page, you can **Log your Wellness activities and events**, participate in **Action Plans**, and view your **Live Well Reward\$**:



UNIVERSITY OF ARKANSAS SYSTEM

#### Live Well Reward\$ 2024

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Your decision to participate is completely voluntary.

#### Program information

##### EARN YOUR REWARDS

You 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.

You are eligible to earn up to 500 points (250 on preventive care services and 250 on other activities) for completion of the below activities after you have opted in to the wellness program on umr.com starting on or after January 1, 2024:

[More](#)

#### Track your progress

You must opt-in to the wellness program to earn a preferred benefit and prior to earning points within this incentive program.

🌟 Congratulations! You have met all your program requirements.

Title	Status
Opt-In to Wellness Status	✓

#### Rewards

1 point = \$1. NOTE: Reward points may take up to 90 days to be available.

#### Log your activities and events

No events available at this time.

Available Upcoming Recorded

#### Action plans

Please ensure you enroll in Action Plans by August 1, 2024.

Action plan enrollment is now closed.

Available Closed About

No action plans are available at this time.

#### LIVE WELL Reward\$

- Health Education Videos
- Health Education Library
  - Need additional information? Take a look at the following library information.
    - [Education Information](#)
    - [Symptom Navigator](#)
    - [Diseases and Conditions](#)
- Resources
  - [Live Well Reward\\$ Welcome Packet](#)