“How do I find my provider in the UMR (UnitedHealthcare Choice Plus Network)?”

The recommended way is via www.umr.com:

1. Go down to the middle of the page and click on:
   “Find a Provider”

2. In the “Provider Network” search bar type in “UnitedHealthcare Choice Plus Network”.
   [Can also be accessed via the Dropdown Bar - under 'U' - first selection.]

3. Go to the bottom of the page and then click on “View Providers”.

4. There is a location identified at the top of the screen in blue; be sure to click on “CHANGE LOCATION” and type in your zip code before typing in the name of your provider.

NOTE: It is also recommended that you contact your physician directly and just ask if they are a part of the United Healthcare Choice Plus Network. Not all doctor’s offices are easy to contact for information such as this but it doesn’t hurt to double check even if you can’t find the provider online. United does update their website regularly; however, the physician may be the best resource since contracts can change at different times during the year.