

Healthcare Advisor™ from WebMD

Access the same information the experts use



Few decisions are more important than those concerning the health and well-being of you and your family. Through our Web site, www.umar.com you now have access to the same information the experts use to help you make sound medical decisions.

Find Answers Fast

Healthcare Advisor™ from WebMD offers a complete set of tools designed to give you quick answers to your questions, such as:

- How can I find the hospital that best fits my health needs?
- Which hospitals meet the leading standards for patient safety?
- Which different treatment choices are available?
- What should I know before having surgery?

Learn More

You'll also have access to tools that can help you:

- Manage your health and prepare for a health care event

- Get connected to a network of experts and others with similar health concerns
- Find information on your condition, medical procedures, and recovery rates
- Access online medical encyclopedias and links to related sites

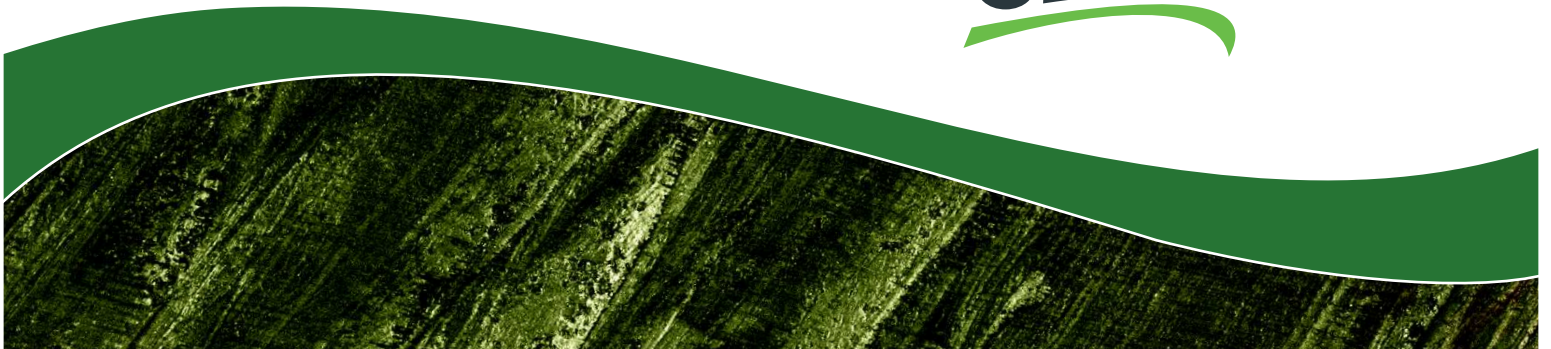
Make Sense of Drug Options

We take the guesswork out of choosing medications. The umar.com Web site provides a range of information on clinical, cost and lifestyle considerations so you can better manage your health and health care dollars.

You can:

- Learn about what drugs are available for conditions like asthma, allergies, high blood pressure and depression

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- Manage your pharmacy benefit effectively by seeing trade-offs between costs and other factors, including side effects, efficacy and dosage
- Improve interactions with your health care provider by equipping you with a customized list of questions
- Understand possible drug interactions

Complete Information

We provide you with a drug comparison guide and decision framework for key diseases that are often treated with drugs which include, but are not limited to, acid reflux, allergies, asthma and osteoarthritis.

Easy to Use

You'll find a drug reference tool with information on more than 11,000 prescription drugs including generics and a drug-interaction checker with drug-to-drug information. Comparing drugs side-by-side allows you to easily see things like side effects, role in treatment and actions of different drug classes used to treat conditions.



More Information

If you have any questions or need assistance, please contact our Technical Support team toll-free at **1-866-922-8266** or reference our online tutorial guides.

Accessing Healthcare Advisor™

1. Visit **www.umar.com**.
2. Select "**Members**."
3. Enter the member ID located on your ID card in the "**Online Services Access**" box.
4. Click "**Go to my online services**." Our Web site will redirect you to your online services home page.
5. If you have previously registered for online services, enter your Username and Password in the member login box and click "**Submit**" to login.

or

If you have not yet registered for online services, click the "**Need a Username? Register here**." link and follow the prompts to complete your registration and login.

6. From "**myHome**," click the "**myHealthCenter**" or "**myCareManagementCenter**" tab.
7. Click on "**Healthcare Advisor™**."

