

# Looking for a health care provider?



# Compare quality and costs before you go

The next time you're in the market for a new provider or are wondering how much you'll pay for a possible medical procedure, visit **umr.com** first. Your online services make it easy to look up UnitedHealthcare network providers and health care facilities and find cost estimates for different services – all in one place.

You'll get the information you need to make the right choices for you and your family and know what to expect before making an appointment.

# Stay in-network

With **umr.com**, you have anytime access to a searchable directory of UnitedHealthcare network providers in your area. Choosing a doctor or facility in the network ensures your benefits are paid at the highest level, so you can expect to pay less out of your own pocket. And when you go to a network provider for preventive services, there's typically no cost to you.



You can narrow your search to primary care or mental health care providers or look up physicians by specialty. Then select a physician from your search results to learn more about where they went to school, where they practice and how to schedule an appointment.



### **Start shopping today**

Sign into umr.com and select the Find costs and care drop-down menu. Then select Find a provider to search for medical or mental health providers. You can also select Health cost estimator to get started.

# **Check for quality**

The 2 blue hearts next to a doctor's name tells you they are a Premium Care Provider who has been reviewed by UnitedHealthcare and meets quality standards for delivering costeffective care.

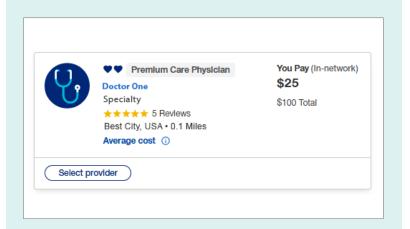
You may also see star ratings for customer satisfaction based on reviews from previous patients.

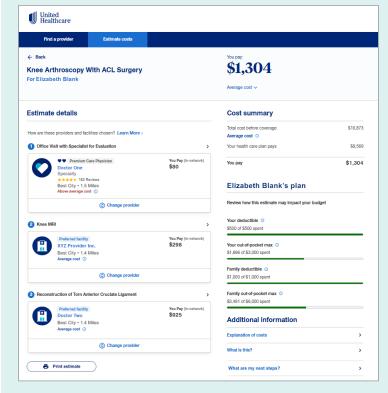
#### **Understand the costs**

Different providers may charge different amounts for the services they offer. Your search results will give you a range of the average costs for preventive care, medical procedures or behavioral health care in your area. And the individual provider listings show whose costs are below, above, or meet the local average.

If a procedure typically includes multiple steps of treatment, you can review the total cost and your estimated out-of-pocket cost for each step. So you'll know what to expect, from start to finish.

Your estimated out-of-pocket costs are personalized to you, based on your own benefit plan's deductible, annual out-of-pocket max, copay, coinsurance and how much you've paid toward your deductible.





(Fictionalized data)

