

# Email notification options and **umr.com**



A UnitedHealthcare Company

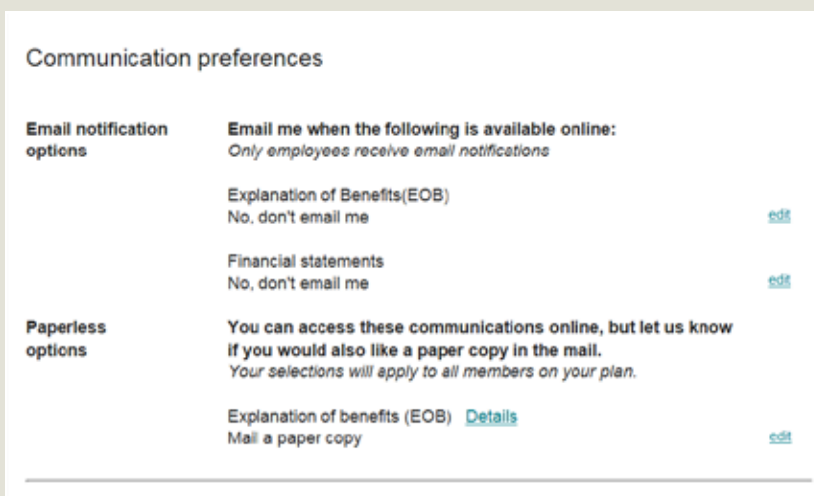
## Selecting your communication preferences and access privileges

You have options regarding your communications from UMR and private information. Here's how to update:

**Step 1:** Plan holders must create an account on **umr.com**. Any dependent over age 18 (child or spouse) will also need to create their own **umr.com** account.



**Step 2:** Under **Account settings** in the **Access privileges** section, the dependent can identify who should have access to his or her information. Dependents can grant access to any other dependent over 18 years of age in the **Account settings** tab. To make any changes to access privileges, simply click the edit button within that section, and make sure to save changes.



**Step 3:** The plan holder must also create an account on **umr.com**. Once registered, plan holders can update communication preferences in the **Account settings** section. Under **Communication preferences**, you can choose to have EOB and financial statement notifications emailed to you as they are available. (You will still need to log in to **umr.com** to access these communications). You can also elect to have EOBs mailed to you in paper form. *Reminder: Selections for paper and paperless options apply to all members on your plan.*