

How to Register with Benefit Administrators

UMR (Medical)

At UMR.com you can check your benefits and see what's covered, pull up an EOB (Explanation of Benefits), look up what you owe and how much you've paid, find a doctor in your network, learn about medical conditions and treatment options and access tools and trusted resources to help you live a healthier life.

1. Visit www.umar.com.
2. Click "New User? Register here" in upper middle of the screen (below "Enter Username") .
3. Make sure you have your medical ID card handy and follow the steps to get started.

UMR: 800-826-9781

EBC (Flex/Health Reimbursement Account (HRA))

Create an account with Employee Benefits Corporation (EBC) to have access to your account information, including account balances for flexible spending and HRA, tracking claims and payments, submitting claims, submitting Benny Card substantiation, and signing up for direct deposit. *If you enrolled online for flexible spending, you would have created an account at that time.*

1. Visit www.ebcflex.com.
2. Click "Log In" in the upper right and choose "Participants."
3. Click the "Register" button.
4. Enter the required information.

EBC: 800-346-2126

CVS Caremark (Pharmacy)

Register with CVS/Caremark to make managing your prescriptions easy. When you register, you can you can order new prescriptions and renewals online, see how much you've spent and where you might have savings opportunities, including a break down of your costs by family member, and see savings options by prescription and print a report so your doctor can help you choose

1. Visit www.caremark.com.
2. Click on "Register" in the upper right.
3. Make sure you have your medical ID card handy and enter in the required information.

CVS/Caremark: 866-818-6911

UHC (Vision)

At myuhcvision.com you can find a provider, view your benefits and claims, and print and ID card. Thanks to UHC's convenient paperless benefits and claims, you do not need a member ID card to use your benefits. However, if you'd like one, you can easily print one from myuhcvision.com.

1. Visit www.myuhcvision.com
2. Click on "Register Now"
3. Enter required information and click on "create"

UHC: 1-800-638-3120

Humana Dental

At humana.com you can check your benefits and see what's covered, pull up an EOB (Explanation of Benefits), look up what you owe and how much you've paid and find a dentist in your network.

1. Visit www.humana.com
2. Click on "Register Now"
3. Click on "Get Started"
4. Click on the "All Other Members" tab.
5. Make sure you have your medical ID card handy and enter in the required information.

Humana Dental: 800-233-4013

Dental Associates

Dental Associates currently does not have online enrolment until after your first appointment. If you provide your Dental Associates location with an email address at your first appointment you will receive an email the following day with a link to get set up on the Dental Associates Patient Portal. Your Patient Portal account gives you direct online access to information like viewing upcoming appointments, request future appointments, view statements and account balances, receive appointment reminders and dental education.

Dental Associates: 800-318-7007