Personalized care and support
on demand, anytime, anywhere

With the **CARE app, powered by Vivify Health**, you’ll experience an integrated health care solution that blends technology with personal connections.

We will personalize your CARE experience to support and encourage self-management and advocacy. Some of the robust features include:

- Secure messaging and push notifications
- Self-monitoring of biometrics with robust tracking
- Individualized CAREpaths when working with a CARE nurse
- Multi-party virtual visits
- Educational content including videos, health tips and other resources for everyone

With the CARE app, you’ll receive expert advice and support—no matter your risk level:

**For members at a low risk:** We help maintain your health with ongoing wellness and health tips.

**If you’re considered an emerging risk:** Our enhanced CARE programs combine with additional communication channels to provide extra information for the CARE nurse to better support you.

**And for those considered high risk:** We provide a clinical, hands-on, heightened level of oversight with optional device integration and virtual visits.

Getting started is easy

**Enroll today!** We’ll need some basic information along with an email address, mobile phone number and your UMR member ID and group ID numbers. Simply scan the **QR code** or access the enrollment page at [go.umr.com/get-care-app](http://go.umr.com/get-care-app)

© 2021 United HealthCare Services, Inc. UM1823 1021 UA (FS1192)
No part of this document may be reproduced without permission.