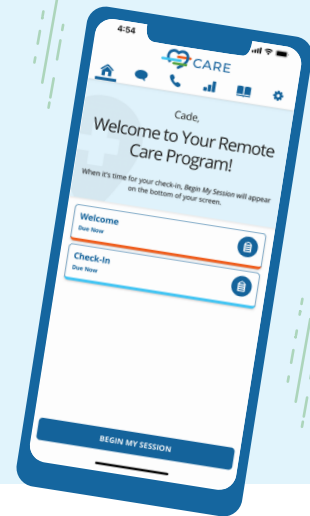


Personalized care and support

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.umar.com/get-care-app

