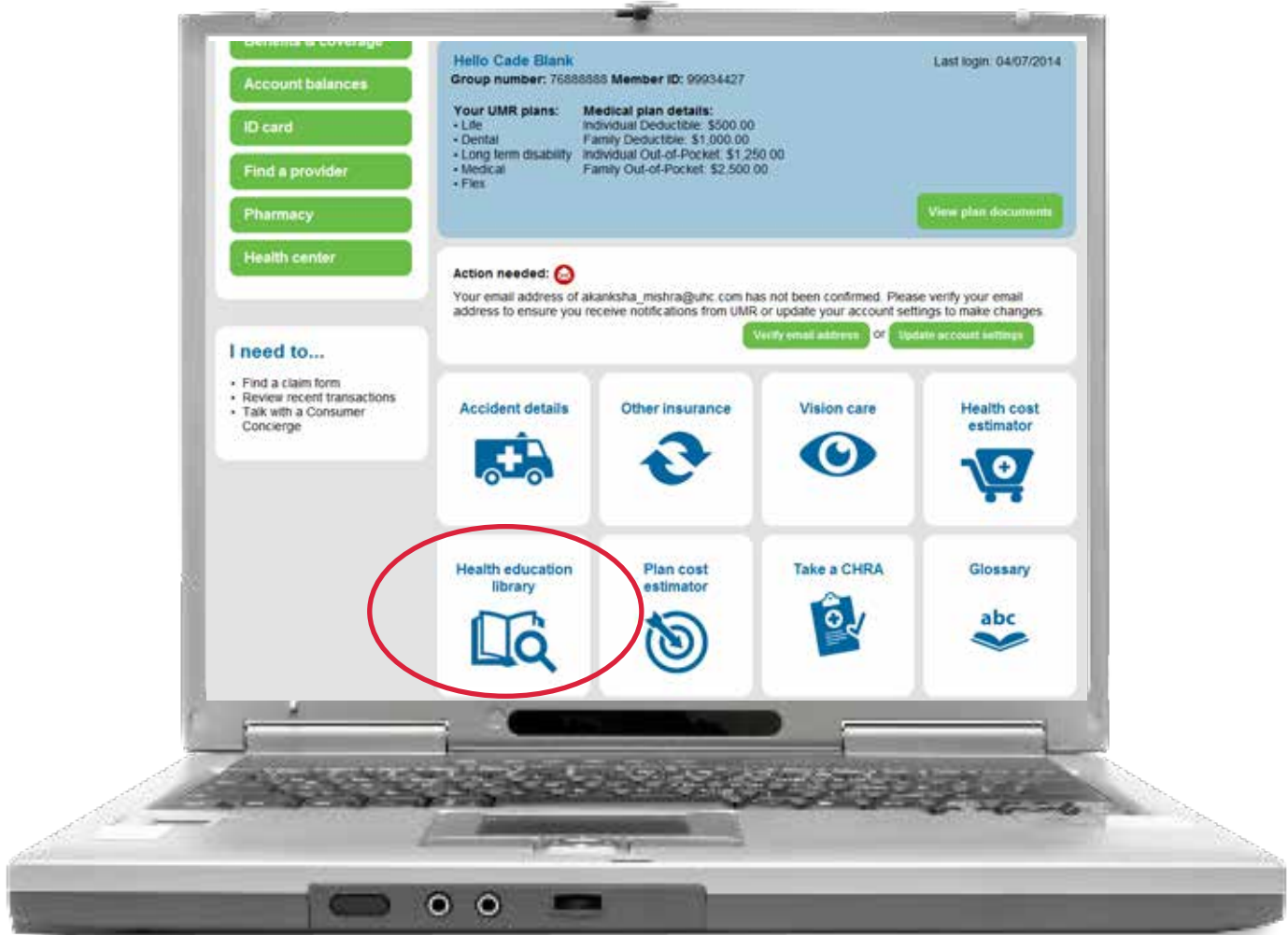


Accessing the Health Education Library

You can begin using the Health Education Library by going to [www.umar.com](http://www.umar.com) and logging into your secure member portal. Once you are on your personal home page, just click on the **Health Education Library** icon shown below.



**Disclaimer:** This content is provided for information only and is not to be considered medical advice. All decisions about medical care should be made by the doctor and patient. Always refer to the plan document for specific benefit coverage or call the toll-free member phone number on the back of your health plan ID card.



UMR Health Education Library

*Your key to better health care information*

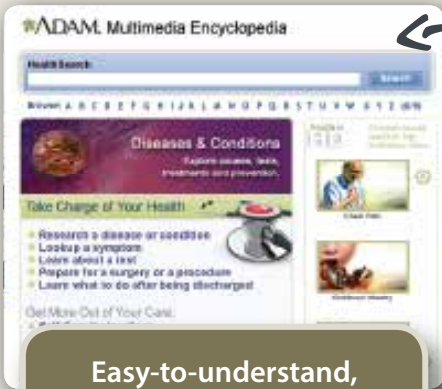
There are plenty of places to search for health care information. Finding reliable information you can trust is another matter...until now.

Through UMR's Health Education Library, you have a new online resource that offers a complete collection of educational materials to help you make informed health care decisions. It includes articles, photos, illustrations and other visuals on diseases, conditions, procedures, treatment options, surgeries, symptoms and medications.



Inside the Health Education Library...

The Health Education Library is home to some of the best, most credible health information available. Here's a brief overview of some of the key contents you will find:



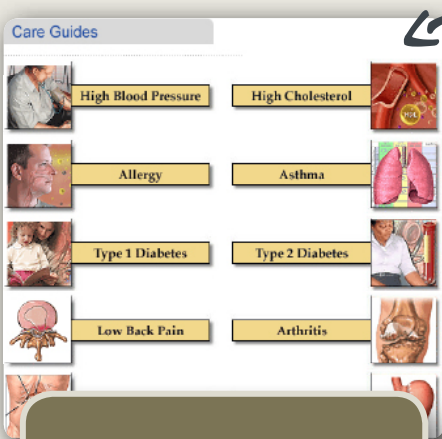
Easy-to-understand, continually updated health topics, illustrations and videos

A.D.A.M. Health Multimedia Encyclopedia

Seeing is believing. Besides nearly 4,000 articles covering conditions, procedures, treatments and surgeries, you'll get visuals. There are over 3,000 illustrations, diagrams and photos along with 120 videos from this highly acclaimed site, powered by A.D.A.M.

Surgeries and Procedures

Within the encyclopedia, you'll find a collection of approximately 140 Web surgeries and procedures presentations. You can access frame-by-frame explanations of common medical procedures, surgeries and tests. You may not be a doctor, but you'll feel like one once you perform your own exploratory on the site.



Learn about health conditions at your own pace. Each guide is filled with images, animations, charts and checklists.

Care Guides

Just like the encyclopedia, pictures are worth a thousand words when it comes to these step-by-step care guides. You can view short movies to learn all about chronic conditions like asthma, allergies, diabetes, obesity, high cholesterol and high blood pressure. There are also guides to help you stay healthy and avoid the onset of chronic conditions.

DrugNotes

There's no substitute for your actual pharmacist, but this site comes close. You can also access a complete set of drug summaries that cover both brand names and generics. You can get the scoop on important information such as usage instructions, precautions and side effects for prescription and nonprescription drugs.

Drug Interactions

Wonder if you should take a pill with or without food or when the best time is to take your medication? Wonder no more as this drug screening system will check for possible effects of interactions. You will also be able to check interactions against food, alcohol, tobacco, alternative medicines and other drugs.

Symptom Navigator

Where does it hurt? That's all you will need to know to launch this interactive answer to your painful questions. Just click on an area of the body or choose from a list of nearly 300 symptoms and over 1,600 diseases and conditions for quick and easy answers to your health concerns.

The Health Education Library is also convenient. It allows you to research your health information from home or any other locations with online access.

Everything you need to know, all in one place

The Health Education Library makes it easy to do your health information homework. Instead of searching the Internet for hours, you'll find the answers you need in minutes.

Feel at home accessing your key health information with the UMR Health Education Library. For more information, please call the customer service number on the back of your UMR ID card.

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