UMR PPO Plan
(Including Out of Area Dependents in HI)

To view/print your digital ID card, follow these steps:

Computer:
- Visit **https://www.umr.com**
- Click "Log in/Register"
- Select "Member" from the drop-down menu
- Click "Log in/Register with HealthSafe ID"
- Click "Sign in" to enter your HealthSafe ID username and password
- From the myMenu dashboard, click "ID Card"
- View/print a temporary ID card

Don't have a HealthSafe ID username and password yet?
- Click "Register now"
- Enter your name, birth date, and Social Security Number to create an account

Mobile device:
- Download the UMR|Health app
- Click "Sign In" to enter your HealthSafe ID username and password
- View your ID Card to print/screenshot your temporary ID card

Questions or trouble accessing your account?
Call UMR's HealthSafe ID Member Services: **800-826-9781**