

UMR CARE

CAREWell online health tools

CAREWell online health tools help your members connect their habits, goals and health data in one supportive well-being space. The robust suite of tools helps members stay energized, focused and on track. Members can access their account and track their activity from anywhere at any time. And they can turn on notifications to get friendly reminders and to help them stay motivated.

Key features for members

- They can easily view progress and celebrate achievements.
- They can sign up for personalized health tips and Daily Cards to help build better habits.
- Journeys® help them break big goals into small, achievable steps.
- It's easy to track progress, such as steps, habits and activities, directly from a phone.
- Fitness trackers and health apps can be synced for seamless data transfer and tracking.

Compatible devices and apps

CAREWell online health tools support a variety of tracking devices and apps that help members get credit for validated steps, active minutes, sleep, meditation sessions and more. Users can pick their favorite activities, connect them to their account and start tracking their progress.

Boosts employee engagement

CAREWell creates a centralized well-being platform that helps employees connect their habits, goals and health data. This drives active participation in health programs, leading to a more engaged and healthier workforce.

Supports flexible work environments

With 24/7 access from any location, CAREWell removes barriers to participation. Employees can manage their health on the go, which aligns with remote and hybrid work models and promotes overall satisfaction.



**To learn more, please contact
your UMR CARE representative.**

Enrollment

Members and eligible spouses and dependents who are 18+ years old and on the medical plan have access to these tools through **umr.com**.