1. Go to UMR.com
2. Click on “Find a provider”
3. Scroll or type in your provider network name ("UnitedHealthcare Choice Plus Network") to begin your search

**Helpful Cost Estimates**

This provider search tool also shows information about the cost of care. Look for providers labeled "Premium Care Physician", which indicates the provider meets the criteria for providing quality and cost-efficient care. Click on a specific provider to view average cost estimates for office visits and treatments for illnesses and conditions within your area.

**Important**: Please verify the provider is still in the network prior to your next visit and before receiving any services.

**Additional Resources**


4. Click “View Providers”
5. Your ZIP code will automatically be used – you can change this by clicking “Change Location.”

6. Enter the provider name, facility or medical group in the search box or click on the icon that reflects the type of provider you are looking for and follow the prompts.

7. Choose from Primary or Specialty care, and then select the type of physician.

8. A list of doctors in your ZIP code area will be provided.

9. Click on the doctor’s name to find additional information including address, phone number, if they are accepting new patients, hospital affiliation and if the doctor is a UnitedHealth Premium Care Physician. You will see 2 hearts next to the Physician’s name.

10. Freestanding Facilities can be found by clicking Places or Tests & Imaging, when you begin your search.