

Find a provider

Finding a network provider on **umr.com** or the **UMR app** has never been easier

1

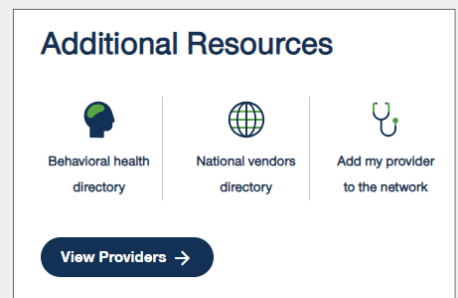
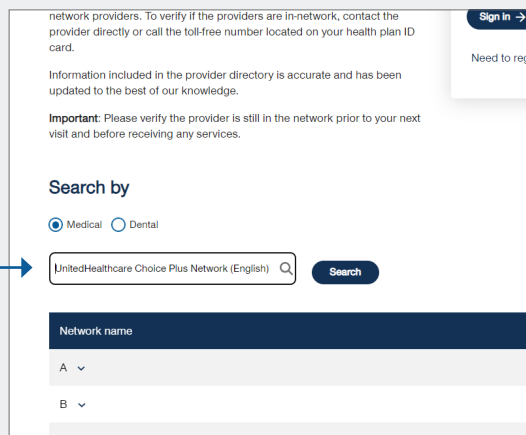
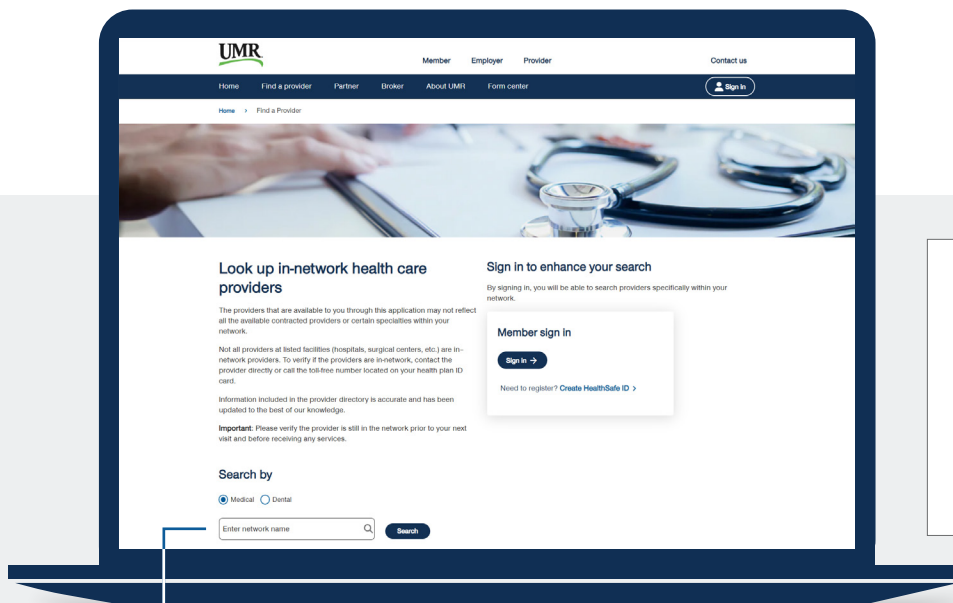
Go to **umr.com** and select **Find a provider**

2

Search for **UnitedHealthcare Choice Plus Network** using our alphabet navigation or type **UnitedHealthcare Choice Plus** into the search box

3

For medical providers, choose **View providers**. For behavioral health providers (including counseling and substance abuse), select **Behavioral health directory**

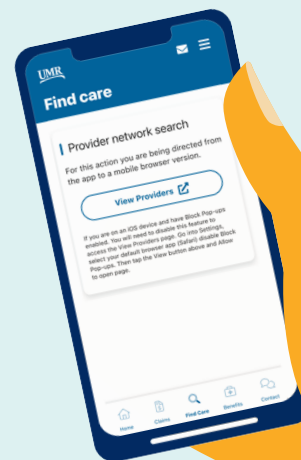


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UnitedHealthcare Choice Plus

The UnitedHealthcare online provider directories include network hospitals, primary physicians and specialists. The following information is available:

- Provider name, address and phone number
- Hospital affiliation
- Board certification
- UnitedHealth Premium® Quality & Cost Efficiency designations that highlight physicians by quality of care and cost standards in their specialty
- Average costs for care in your area and how different providers compare to the local average
- Provider ID number
- Office language capabilities (English, Spanish, etc.)
- Map and directions to each office



Find a provider on the go.
Sign in to the **UMR app**
and select **Find care**



Remember

Get the most from your benefit plan – use participating network health care providers whenever possible.

Find a Dental Provider

With MetLife Dental insurance, you can choose from thousands of general dentists and specialists nationwide. You can find the names, addresses, languages spoken and phone numbers of participating dentists by searching our online **Find a Dentist** directory.



Step 1:
Go to metlife.com

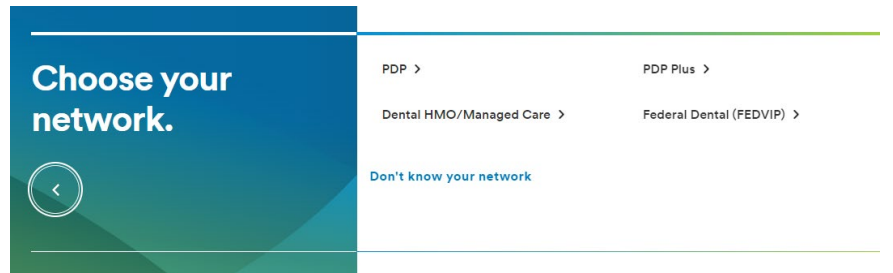
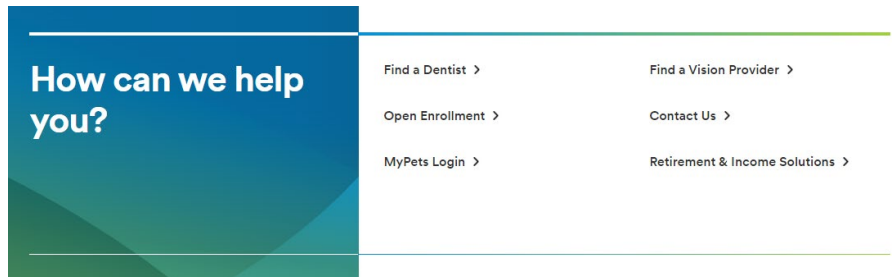


Step 2:
Select “Find a Dentist” next to “How can we help you?”



Step 3:
Select “PDP Plus” next to “Choose your network.”

Enter your Zip, City or State and select the “Find a Dentist” button.



New for 2024



MetLife SpotLite on Oral HealthSM

Finding the right dentist is important, **MetLife SpotLite on Oral HealthSM** is a recognition awarded to dentists for a focus on preventive oral care and improved oral health outcomes. **Look for the MetLife SpotLite badge when selecting a dentist.**



Find an in-network eye care provider near you.

See how easy it is to access one of the largest networks of eye care professionals.

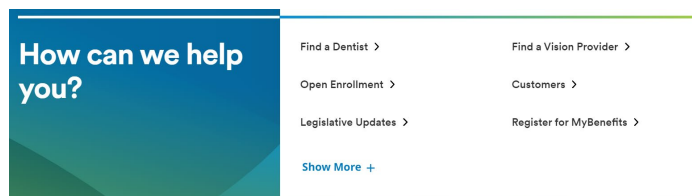


You can find VSP Choice's network of providers at [metlife.com](https://www.metlife.com).

Here's how to search:

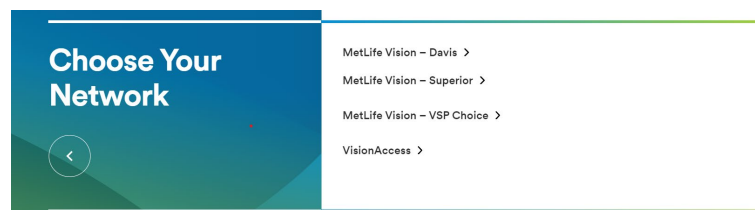
Step 1

Visit [metlife.com](https://www.metlife.com), scroll to the "How can we help you" section and click "Find a Vision Provider."



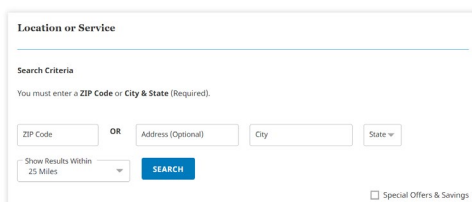
Step 2

Select "VSP Choice" as the network.



Step 3

Enter your location and click the "Search" button.



Want to narrow your search results?

Above the list of providers after completing Step 3, click on the "Refine Your Search" pull-down menu, select the items you want to use to refine your search and click "Apply."

Vision benefits are underwritten by Metropolitan Life Insurance Company (MetLife), New York, NY. Certain claims and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with MetLife or its affiliates. Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.