

# FIND A PROVIDER HEALTH, DENTAL & VISION

How do I do a provider search from UMR, Blue Cross/Blue Shield and Superior Vision's website?

## Medical

- Go to UMR's website at <https://www.umar.com>
- Click on Find a provider in the middle of the screen
- Do not attempt to login or register
- . Click on "U" and select University of Arkansas System
- Click on search for a provider if you are searching from providers in Arkansas.
- Click on Search for a provider outside the state of Arkansas if you are searching for providers outside of the state of Arkansas
- For an Arkansas provider search, you can change your location in the middle of the screen click change location
- Select your appropriate Category and Specialty and your Geographic Criteria search option and click on Search

## Behavioral Health

- Go to UMR's website at <https://www.umar.com>
- Click on Find a provider in the middle of the screen
- Do not attempt to login or register
- Click on "u" and select University of Arkansas System
- Select View directory of behavioral health providers
- Use the search bar to search by name, expertise, condition, phone or program
- 

## Arkansas Blue Cross/Blue Shield-Dental Insurance

- Go to <https://www.blueadvantagearkansas.com/portal/uas dental/>
- At the bottom of the page under Find a Dentist, select Search
- Use the search bar to search by location, name and/or specialty

## Superior Vision-Vision Insurance

- Go to <https://superiorvision.com/providers/>
- Click on Find a Provider on the top left-hand corner of the screen
- Use the search bar to enter location, coverage type, network (Superior National and search range).