

## FIND A PROVIDER HEALTH, DENTAL & VISION INSURANCE

### UMR – Health Insurance\*\*\*

#### Medical

- Go to UMR’s website at [www.umar.com](http://www.umar.com)
- Click on [Find a provider](#)
- Find the [University of Arkansas System Provider Network](#) under Find a Provider/Getting Care click on it
- Click on [Search for a University of Arkansas System provider network](#) if you are searching for a provider in the state of Arkansas. Use Select Geographic Criteria to narrow down the search your preferred are of the sate.
- Click on [Search for a provider outside of the state of Arkansas](#) if you are looking for a provider outside of Arkansas. Then select the [UnitedHealthcare Options PPO](#) network.

#### Behavioral Health

- Go to UMR’s website at [www.umar.com](http://www.umar.com)
- Click on [Find a provider](#)
- Find [Behavioral Health Providers](#) under Find a Provider/Getting Care click on it
- Under the Clinician Search, (1) click All Clinicians, (2) Select your state, (3) narrow your search, zip code is usually the easiest search, (4) allows you to narrow your search the Clinician Type (psychologist, psychiatrist, etc.) plus other preferences.
- Click on search

\*\*\* Note, Arkansas Heart Hospital, Baptist Hospital (Little Rock), Baptist Hospital (North Little Rock), Baptist Breast Center, Baptist Extended Care Hospital and Baptist Imaging Center may appear in the directory but are not included in the University of Arkansas network.

### Delta Dental – Dental Insurance

- Go to Delta Dental’s website at [www.deltadental.com](http://www.deltadental.com)
- Under “Find a Provider” (bottom of screen) click on [Dental](#)
- Under “Find a Dental Provider” [Click here](#)
- Select either the “Delta Dental Premier” or “Delta Dental PPO” options
- Narrow your search to your geographic area under the “Your Location” section
- Click [Search for a Dentist](#)

### Superior Vision – Vision Insurance

- Go to Superior Vision’s website at [www.superiorvision.com](http://www.superiorvision.com)
- Click on [Members](#)
- Click on [Locate a Provider](#)
- Enter your zip code and desired distance and click on [Search](#)