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.umr.com](https://www.umr.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 and 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.umr.com](https://www.umr.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/uasdental/](https://www.blueadvantagearkansas.com/portal/uasdental/)
- 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/](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).