

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 for all providers except mental health.
- Update location above the search bar if necessary.
- 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
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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

EyeMed Vision

- Go to <https://www.eyemed.com/en-us>
- Click on Find an eye doctor at the top right corner of the screen
- Under "Network" use the drop down to select the Insight Network
- Add a location or click "use my location" or search by doctor