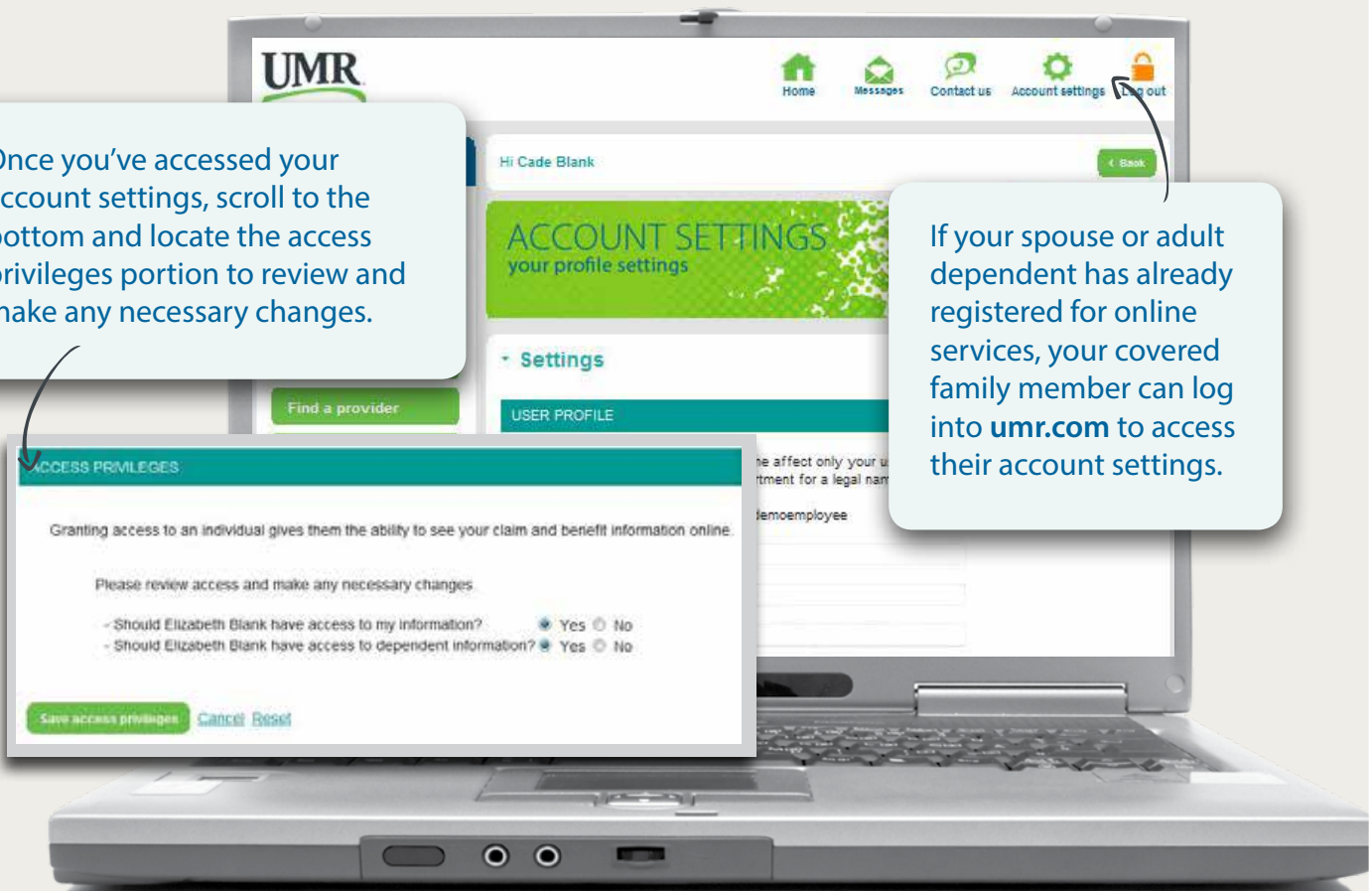# Protecting your health information

UMR follows strict rules and security procedures to ensure your information stays safe and is accessed only by you or authorized providers and/or representatives. If you, your spouse or a dependent age 18 or older wishes to allow online access to another covered family member, each member must grant access to view his or her information:

Once you've accessed your account settings, scroll to the bottom and locate the access privileges portion to review and make any necessary changes.

If your spouse or adult dependent has already registered for online services, your covered family member can log into **umr.com** to access their account settings.

Not registered? Dependents will be asked during the registration process to select family members they will allow to view their personal health information. To register, have your covered family member visit umr.com and select **Login/Register**.

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