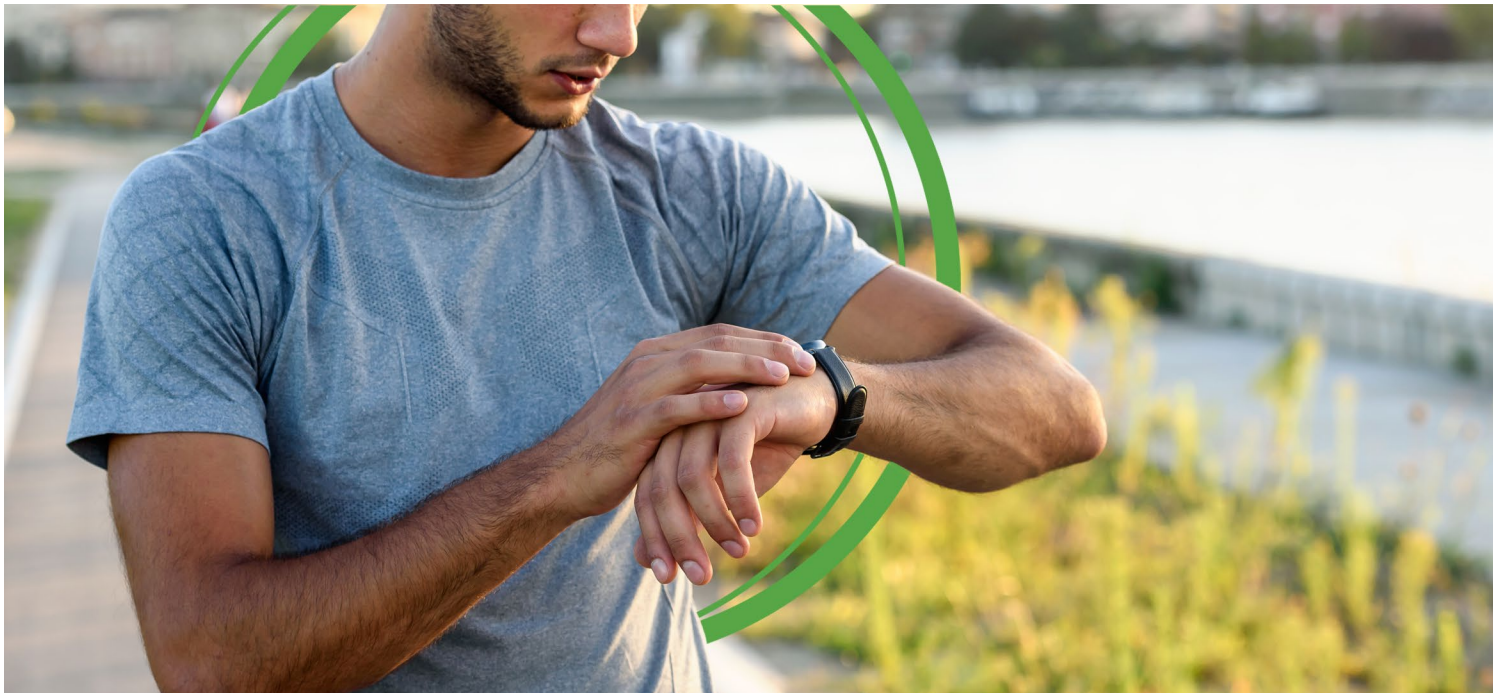
CARE
A UMR Solution

CAREWell online health tools

Connecting your habits, goals and health data in one supportive well-being space



With CAREWell online health tools you can keep the momentum going — anytime, anywhere. Whether you're powering through your day at home, hitting the gym or squeezing in time between meetings, CAREWell helps you stay energized, focused and on track. With tools designed to motivate and challenge you, your health goals are always within reach.

CAREWell features

Health Library

Access helpful articles and resources built to support your health goals.

Journeys®

Break big goals into small, achievable steps.

Milestones

View your progress and celebrate achievements.

Daily Tips

Discover personalized health tips and complete Daily Cards to build better habits.

Track progress

Log steps, habits and activities directly from your phone.

Sync devices

Connect your fitness tracker or health app for seamless data tracking.

Get started

Step 1

Create a member account on **umr.com**. If you already have an account, enter your username and password to sign in. If it's your first time visiting, create a **HealthSafe ID** to register your account. Make sure you have your ID card handy and follow the steps to register.

Step 2

On your member home page, select **Health Center** from the main menu and under **Digital resources**, choose **CARE health tools**.

Step 3

From the **CARE health tools** landing page, select the **Connect Now** button; if you are not redirected, please check to see if a new tab or window has opened.

Step 4

Accept the terms and conditions and choose your email preferences to get the latest tips and information. Set up your profile:

- Connect a device or app to get credit for your well-being activities like steps and sleep. We sync with many trackers, such as Max GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Upload a profile picture and add some friends.
- Set your interests to get personalized Daily Tips to help you eat healthy, get active, reduce stress, sleep well and more.

Step 5

Access your account and track your activity from anywhere at any time. Turn on your notifications to stay motivated and get friendly reminders.

Helpful hints

- When you register for the first time, you will need your member ID number and group number (no dashes) to enroll. You can find this information on your member ID card.
- Eligible spouses and dependents who are 18+ years old and on the medical plan must create their own online account on **umr.com**.
- You will need to provide a valid email address when you register.

Compatible devices and apps

CAREWell online health tools support a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. Pick your favorite activities, connect them to your account and start tracking your progress. Sign in to your account to see all the options available to you.

Need Help?

If you need assistance registering with your HealthSafe ID, call **855-819-5909**.

© 2026 United HealthCare Services, Inc. All Rights Reserved. UM2101 0326 UA
No part of this document may be reproduced without permission.

CARE
A UMR Solution