

Take full advantage of the Health Education Library

Improving your umr.com/thetennesseeplaninfo experience

Did you know our fully integrated Health Education Library is available anytime, anywhere? Find the Health Education Library under the Helpful links section.

A health guide at your fingertips

Getting answers to your health questions is important, and getting the right answers is even more critical. Our Health Education Library includes articles, illustrations, care guides and more without logging into the member portal.

Interact with your health

Health questions on your mind? Recently injured? Explore your most serious health questions with the interactive Health Navigator Tool. You can highlight areas of interest and select the type of information you want. The tool will show related symptoms, diseases and other relevant information.

Turn to our fully integrated library and integrated tool for a healthy partner you can count on. You'll navigate symptoms, questions and concerns, all within an intuitive experience that guides you along your individual wellness journey.

Check it out

Experience the Health Education Library for yourself and delight in the discovery.

The screenshot shows the UMR Health Education Library website. At the top left is the UMR logo and the text "Health Education Library". To the right is a search bar labeled "Health Search" with a "Browse" button and a magnifying glass icon. Below the search bar is a section titled "Diseases & Conditions" with a "Browse:" label and a list of alphabetical links from A to Z, plus a "(0-9)" link. A list of disease names follows, each with a blue underline: A-fib, A/B/D, AA amyloidosis, AAA, Aarskog disease, Aarskog syndrome, Aarskog-Scott syndrome, AAS, Aase syndrome, Aase-Smith syndrome, AAT deficiency, Abacterial cystitis, Abdominal aortic aneurysm, Abdominal pain - IBS, Abdominal pain - volvulus, and Abdominal pain in children - intussusception.