



Ask your doctor – Save money by using a network lab

The next time your doctor orders laboratory (lab) tests, ask him or her to make sure the lab is in your plan's network.

Just like using a network doctor, using a network lab can save you money. Which is why we want to confirm that **LabCorp®** and **Quest Diagnostics** are contracted network providers available in your service area.

Two simple ways to stay on top of lab expenses:

- 1 Talk to your doctor when any test is ordered.
- 2 Ask for verification that a network lab is being used.

Take an active role in your health care – and costs – by using only labs that participate in your network.



For a current listing of network laboratories in your area, go to **umr.com** or call the number on your health plan ID card.



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