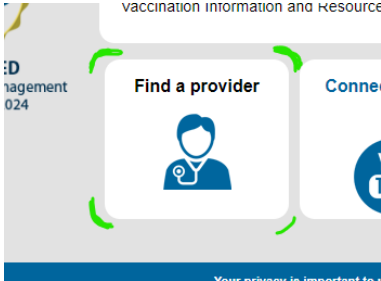# How to Find a Dentist Participating in the POMCO Select Network

1. Go to UMR.com
2. DO NOT log in. Click this button.

3. Click the Dental circle and start typing- POMCO. "POMCO Select Dental Network" will be the first option that will populate below. Choose that and hit Search.

4. You can search by specialty or name. If by specialty, Filter on Physician then select the specialty. Enter your zip code and hit Find Providers.