Sierra Health and Life

Find a doctor or provider in your plan's network

Get the care you need, when and where you need it.

Use our online provider directory to find medical providers nearby.

Already a Sierra Health and Life (SHL) member?

Visit **SierraHealthandLife.com** and sign in to the online member center to find doctors, hospitals and other medical providers who accept your health plan. After you sign in, select **Care Options** and then select **Find a Doctor**.

Search for a provider as a guest:



STEP 01 Go to **SierraHealthandLife.com** and click the **Find a Doctor** button at the top of the page.

STEP 02 Select the **Search as a guest** button.

STEP 03 To see available providers, select a **plan type** and then select a **region**.

STEP 04 Choose a **location** and then search **Providers by name**, **Providers by specialty**, **Places by name** or **Places by type**. You can also **Search all** or select **Advanced Search**.

STEP 05 Choose a provider and make an appointment.

Save money when you see a contracted provider. You must use an SHL network provider to receive the greatest savings on coverage under your plan. Health care services received outside of the network may not be covered or will cost you more.

Know where to go for care. If you're unsure about your condition, our 24/7 advice nurse may be able to help. Our nurse is available to answer questions, provide self-care advice and help you decide whether to seek more immediate care, emergency care, or schedule an appointment with your provider. Just call toll-free **1-800-288-2264**, TTY **711**.

If you have a life-threatening situation, call 911 or go to the nearest hospital emergency room. If it's not a true emergency, you may be responsible for the entire cost of the visit.

Insurance coverage provided by Sierra Health and Life.

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Sierra Health and Life®
A UnitedHealthcare Company

CARRY
your health plan
ID card with you

CALL
1-800-888-2264,
TTY **711**

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SierraHealthandLife.com

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