

Day or night, we're here for you.

As a group health plan member, you have all these programs and services available.



24/7 symptom checker



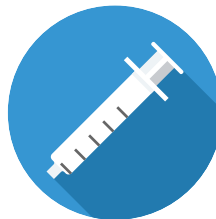
24/7 telephone advice nurse



Health education and wellness



Family doctors and specialists



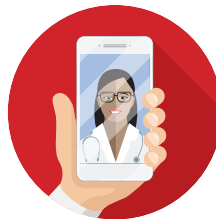
Preventive care and immunizations



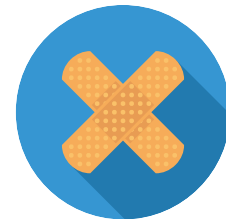
24/7 online member center



Weight loss program



24/7 virtual visits



Convenient care centers



24/7 urgent care centers*



24/7 hospital care



24/7 emergency care

For information on these services and to find more resources, visit mySHLonline.com.



SIERRA HEALTH AND LIFE
A UnitedHealthcare Company

*Hours of operation may vary by location.

Insurance coverage provided by Sierra Health and Life.

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your health plan ID card or plan documents.

Español (Spanish)

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

Tagalog (Tagalog)

May karapatan kang makakuha ng tulong at impormasyon sa sinasalita mong wika nang libre. Upang humiling ng interpreter, tawagan ang toll-free na numero ng telepono para sa miyembro na nakalista sa iyong ID card sa planong pangkalusugan o sa mga dokumento ng plano.

We're here for you.

Carry



**your health plan
ID card with you**

Click



mySHLonline.com

Call



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