

Find a contracted provider near you.

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

Use our online provider search tool to help you find a network doctor, specialist, medical facility, lab or pharmacy. Simply visit **SierraHealthandLife.com** and sign in to the online member center to see your specific provider directory. Then select **Find a Doctor/Provider or Pharmacy**. Or follow these steps to search as a guest:

- STEP 01** Go to **SierraHealthandLife.com** and select **FIND A DOCTOR**.
- STEP 02** Select **INDIVIDUAL PLANS** or **EMPLOYER PLANS**.
- STEP 03** Select your plan type (**EPO** or **PPO**).
- STEP 04** Then select your region (**SOUTHERN NEVADA, NORTHERN/RURAL NEVADA, UTAH, or ALL OTHER SERVICE AREAS**).
- STEP 05** Enter the doctor's name or specialty, facility name, clinic name or medical group and click **SEARCH**. Or select **Medical Directory** or **Pharmacies** and answer a few short questions.
- STEP 06** Choose a provider and make an appointment.



Save money when you see a network provider. You must use a Sierra Health and Life 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 urgent 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.



SIERRA HEALTH AND LIFE
A UnitedHealthcare Company

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



SierraHealthandLife.com

Call



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