

Care While Traveling

Plan for a healthy trip and get medical care if you need it.

Get care when and where you need it. Your benefit plan includes a national provider network, giving you coast-to-coast access to UnitedHealthcare Choice Plus providers for medical care when you travel or live outside the Sierra Health and Life service area. The current provider network will continue to apply to Nevada; Washington County Utah; and Mohave County, Arizona.

Take the following steps to find a UnitedHealthcare Choice Plus network provider.

- STEP 01** Go to **SierraHealthandLife.com** and select **FIND A DOCTOR**.
- STEP 02** Select **EMPLOYER PLANS**.
- STEP 03** Select your plan type (**PPO or EPO**).
- STEP 04** Then select **ALL OTHER SERVICE AREAS**.
- STEP 05** If you agree to the conditions stated, click on the **Agree** link (bottom of page).
- STEP 06** Enter the doctor's name or specialty, facility name, clinic name or medical group and click **SEARCH**. Or select a health care category (**People, Places, Services and Treatments, Care by Condition, Cost Estimates**) and answer a few short questions.
- STEP 07** 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.

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.

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**