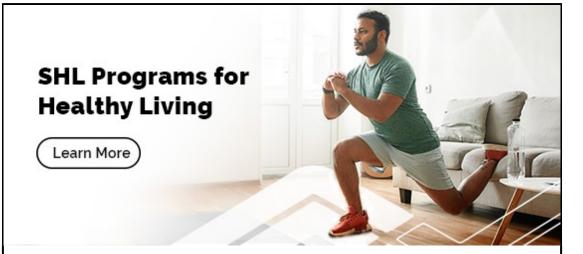**Taking on Healthy**™

Sierra Health and Life®
A UnitedHealthcare Company

Flu Season Ahead

Flu season is just around the corner. Stay safe and healthy. Find a participating pharmacy or clinic near you and get the flu shot at no cost to you.

Coming Soon! The New HPN & SHL App

Get ready to download! The MyHPN and MySHL apps will become the **HPN & SHL App** with a new look and an enhanced, secure way for you to sign in. The app is a great way to manage health plan information on the go.

More Ways to Get Urgent Care

Your health plan offers a variety of urgent care options, including 24/7 urgent care, urgent care at home and some specialty urgent care centers.

Make the Choice to Live Nicotine-Free

Living nicotine-free can mean a better quality of life and more energy. But living without it doesn't mean living stress-free. Knowing what to expect can help you prepare to quit.

Go Paperless

Sign in to the online member center and select your communication preferences. Update your contact information and opt-in to receive certain notifications by email or text, such as when a new explanation of benefits (EOB) is available.

One Pot Chicken and Vegetable Meal

What's great about one dish meals? Easy to put together with less clean up! This is the perfect Sunday dinner recipe the whole family can enjoy.

Try recipe

12 Tips to Make the Most of Your Health Plan

Get to know more about your health plan. Once you understand how it works, you can use it to set yourself up
for better health and lower out-of-pocket costs.

Learn More

Sierra Health and Life
A UnitedHealthcare Company