

Once your account is live, you can download the SHL Online Quick Guide located at the end of this page or contact your local Customer Experience team to get started.

SHL Support is available for assessment help and technical guidance. Support is available for technical guidance, managed services, training, and project management questions. Get in touch ...

Access your Sierra Health and Life member benefits. Find a doctor, understand your health plan, get healthy recipes, call our 24-hour nurse advice and more.

We have global reach through a network of offices and distributors in over 40 locations across the world - get in touch today to learn more.

Please get in touch with us by using the Contact Form widget on the right side of this page or by calling your local Customer Experience team. Please click here to find their contact details and opening hours.

To contact SHL please fill out the below form, which will take approximately 1 minute to complete. We aim to respond to your e-mail within 1 working day (excluding weekends and public holidays). &#169; 2025 ...

Who can I contact if I am having problems using SHL Online? Please get in touch with your local Technical Support team by using the Contact Form widget on the right side of this page, or by calling ...

Contact Sierra Health and Life. We're here for you. Call, click, come in and carry your health plan ID card with you. Get our contact information.

How do I contact the Managed Services team directly and what are their opening hours? You can call the Managed Services team who are available during local business hours. Alternatively you can ...

Web: <https://www.black-hat.co.za>