

Your Health Plan Administrator



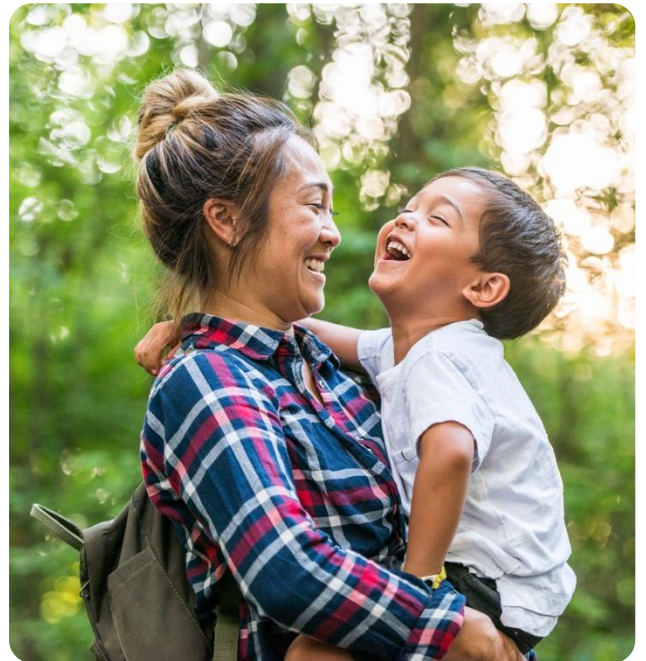
Life is unexpected, but your health care coverage shouldn't be.

Allied is committed to helping you and your family make the most of your benefits all year round. With access to on-demand tools and one-on-one customer service support, Allied makes it easy to manage your benefits and stay on track towards a healthier you.

Manage your benefits at-home or on-the-go

Allied's member portal allows you to manage your benefits at any time from any device. Simply download the **My Allied Portal** mobile app or log in at alliedbenefit.com to get started.

- Access your digital ID card
- Look up claims and deductible progress
- Review your benefits, copays and coinsurance amounts
- Find in-network providers plus cost estimates for medical procedures and treatments



Expert advice, just a phone call away

When you need help, **Allied's Member Services** team is ready to answer any questions, including:

- Help submitting claims, or understanding your medical bills
- Verify your benefits and coverage details directly with your providers
- Find in-network providers
- Navigate your benefits and tools through your online member portal

Call 800-288-2078

Monday-Friday, 8:00 am to 8:00 pm CST

Saturday 9:00 am to 12:00 pm CST