



# AllyHealth

## Complete Plan

With AllyHealth, members and their families have 24/7/365 virtual access to our network of board-certified doctors, mental health counselors, wellness coaches, life coaches, wellbeing support, work-life support, and more. And nearly every appointment has a \$0 copay!\* That's right - \$0 expert medical advice from the comfort of home.



### FAST AND CONVENIENT ACCESS TO QUALITY CARE 24 HOURS A DAY 7 DAYS A WEEK 365 DAYS A YEAR

#### FEATURES AND BENEFITS OF ALLYHEALTH

- Virtual urgent care visits available 24/7/365, on-demand. Anytime. Anywhere
- In-the-moment mental health support available 24/7/365, on-demand
- Ongoing, scheduled and structured mental health visits available in an average of less than one week
- Many other mental health and wellbeing resources available to meet members and their families where they are
- Personal concierge to assist with many of life's most common burdens
- Get and stay healthy with our virtual health & wellness coaching
- Prescriptions called in to local pharmacy
- No copays, deductibles, or per-call charges
- Plan covers the entire family
- Avoid long waits and exposure to germs and viruses
- Rx savings program offers up to 85% discounts at retail pharmacies
- Medical bill negotiation service can help members save on all of their medical bills

#### COMPREHENSIVE TELEHEALTH BENEFITS WORTH USING

With AllyHealth's comprehensive, curated, unique suite of virtual care solutions and support, members have a full care team available in their pockets. And our platform offers flexible access points with mobile apps, online portal, and telephonic access, meeting members and their families where they are and making access simple and easy, 24/7/365. Welcome to the future of healthcare.

### ALLYHEALTH VIRTUAL CARE SOLUTIONS INCLUDE



#### Virtual Urgent Care: \$0 Copay

Provides members on-demand access to licensed physicians for common illnesses and medications when appropriate, 24/7/365.



#### On-Demand and Short-Term Counseling: \$0 Copay\*

24/7/365 access to counselors for in-the-moment mental health counseling, as well as access to scheduled short-term, solution-focused counseling. 100% private and confidential, with free visits included in the plan!\*



#### Scheduled Therapy and Psychology Visits: \$0 Copay\*

Access to scheduled talk therapy and psychology sessions for ongoing, proactive mental health therapy. 100% private and confidential with free visits included in the plan!\*



#### Psychiatry and Medication Management: \$0 Copay\*

Access to virtual visits with our network of psychiatrists for initial evaluations and ongoing medication management. 100% private and confidential with free visits included in the plan!\*



#### Wellbeing and Practical Daily Support: \$0 Copay

Access to a concierge to help with everyday needs (ex: finding eldercare or childcare resources, planning a vacation, financial or legal guidance, and more).



#### Health & Wellness Coaching: \$0 Copay

Members looking to lose weight? Quit smoking? Eat healthier? Get fit? Improve their overall lifestyle? Our virtual coaches can help members with these goals, and more.



#### Savings Tools: FREE

Save big on your prescriptions and medical bills with our in-app healthcare savings tools.

24/7/365 On-Demand Care. Anytime. Anywhere

www.AllyHealth.net

THIS PLAN IS NOT INSURANCE. Consultations with our providers are \$0 (subject to usage limitations). Up to 10 clinical hours of schedule mental health visits (talk therapy and psychiatry combined) per family per year are included at no charge for employer-paid plans (for voluntary plans, 3 clinical hours are included). Short-term, solution focused counseling sessions are available with up to 3 free sessions per issue per family member per year (with no limit on issues treated). 5 visits for Health & Wellness coaching. Additional visits may be available on a fee for service basis. If you have any questions about your plan or visit costs, please see your plan administrator, or contact AllyHealth support at support@allyhealth.net.