



Virtual Care. Anytime. Anywhere. Available Now!

With AllyHealth you have 24/7/365 access to virtual urgent care doctor appointments, access to mental health and wellbeing resources including short-term counseling, scheduled therapy, psychiatry visits, life coaching, practical daily support, and more. All available from home, office, or on the go, with no copays or consultation fees for you and your family. Plus, you'll have access to our Rx and medical bill savings programs - helping you save time, money, and frustration.



YOUR ALLYHEALTH VIRTUAL CARE SERVICES INCLUDE

Virtual Urgent Care: \$0 Copay

24/7/365 On-demand access to licensed physicians for common illnesses and medications when appropriate.
Details on page 2.

888-565-3303

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 your plan!
Details on page 3.

888-388-0397

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).
Details on page 4.

888-388-0397

Health & Wellness Coaching: \$0 Copay

Want to lose weight? Quit smoking? Eat healthier? Get fit? Improve your overall lifestyle? Our virtual coaches can help you with these goals and more.
Details on page 5.

888-975-9355

Talk Therapy and Psychiatry: \$0 Copay

Connect with a licensed therapist, counselor, psychiatrist, or behavioral health specialist from home, the office, or on the go—on your schedule—via phone or mobile app.
Details on page 6.

888-565-3303

Savings Tools: FREE

Save big on your prescriptions and medical bills with our in-app healthcare savings tools.
Details on page 7.

Visit <https://allyhealth.app/>, scan QR to download the AllyHealth app, or call the phone numbers listed above.

SCAN HERE





AllyHealth

Virtual Urgent Care

Registration Steps Available on Page 1

AllyHealth is different from other telemedicine services because we provide proactive support to our clients every step of the way. Our proprietary, technology-enabled, high-tech and high-touch engagement system allows us to guarantee utilization levels that you won't find anywhere else.

HOW IT WORKS

Talk directly with a doctor or pediatrician within minutes by phone, video, or mobile app - 24/7/365. From home, the office, or on the go. On your schedule. Anytime. Anywhere.

FEATURES INCLUDE

- 24/7/365 access to our experienced, board certified doctors
- Unlimited use, with no per-call fees or copays
- Prescriptions called in to your local pharmacy
- AllyHealth's proprietary, comprehensive, technology-driven, multi-channel engagement system
- Transparent reporting, and guaranteed results!
- Reduce costs, redirect claims, and increase productivity
- Improve employee recruitment and retention

COMMON CONDITIONS WE TREAT

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold & Flu
- Constipation
- Diarrhea
- Ear Infection
- Fever
- Gout
- Headache
- Infections
- Insect Bites
- Joint Aches & Pains
- Rashes
- Sinus Infection
- Skin Inflammations
- Sore Throat
- Sports Injuries
- Sunburn
- Urinary Tract Infection
- And More

WHEN TO USE ALLYHEALTH

- Instead of going to the ER or urgent care center for a non-emergency medical issue
- During or after normal business hours, nights, weekends, and even holidays
- If your primary care doctor or pediatrician is not available
- To request prescriptions or refills (when appropriate)
- If traveling and in need of medical care



AllyHealth

On-Demand and Short-Term Counseling

Registration Steps Available on Page 1

Improve your mental health and overall wellbeing by working with a counselor to address the issues that are making it difficult to manage at work or at home. You can turn to us for confidential support anytime, anywhere.

FEATURES INCLUDE

- ✓ 24/7 in-the-moment support and immediate single-session therapy available any time by phone or video call from licensed mental health counselors
- ✓ Scheduled short-term, structured counseling sessions available by phone, video call, or in-person
- ✓ In-app messaging with a mental health coach available
- ✓ Mindfulness coaching to help you reduce stress, emphasize the present, and establish greater mind-body balance
- ✓ Computerized cognitive behavioral therapy for those who prefer to work at their own pace
- ✓ 100% confidential
- ✓ Available to you and your family members
- ✓ Access from the privacy of your home or office when and where you need it

WHEN TO USE

- For help working through life's everyday stressors and issues
- To take a solution-focused approach with one or more specific issues for short-term or in-the-moment help
- When you want to work on improving yourself and feeling better
- If you have questions about how we can help, just call and we can assist

HOW IT WORKS

1. Call or Log On To Your Account

Call, download the app or log into the member portal.

2. Select Wellbeing Support

Click the "Wellbeing Support" tile in your account and click "Get Help Now" or simply ask for this service if you call in by phone.

3. Connect with a Mental Health Coach or Counselor

Select your preferred method of support and connect with a coach or counselor. You can connect by phone, video call, in-app message, or in person.

COMMON ISSUES WE SUPPORT

- Addiction
- Alcoholism
- Anxiety
- Bereavement
- Bullying/ Harassment/ Discrimination
- Career/ Job-related Stress
- Depression
- Domestic Violence
- Eating Disorders
- Family Problems
- Gambling
- Grief & Loss Assistance
- Parenting issues
- Postpartum Depression
- Relationship & Marriage Issues
- Separation
- Stress
- Substance Abuse
- Trauma & PTSD
- Work or Coworker Issues
- And More



AllyHealth

Wellbeing and Practical Daily Support

Registration Steps Available on Page 1

To help you make time for what matters most, you and your family have access to life coaches, as well as experts on child and elder care topics and skilled researchers to provide support for any work, personal, or everyday matter that's important to you and your family. We'll discuss your concerns, provide information on options, and then conduct research to find local resources to help you implement your action plan. What's more, our team is available 24/7 by phone or on-app to provide you and your family with real-time support.

FEATURES INCLUDE

- ✓ 24/7 access by phone or through our app
- ✓ Custom research matching local resources and providers to your specific needs
- ✓ Support for you, as well as those in your family and/or household
- ✓ Follow-up to be sure that the assistance met your complete satisfaction

SUPPORT IS AVAILABLE FOR

- **Dependent Care:** Child care and parenting; adult care and aging; and care for individuals with special needs or disability.
- **Daily Living Information Services:** A variety of day-to-day information support services for concerns, such as home maintenance, travel, housing, or relocation.
- **Legal Support:** Consumer rights, matrimonial law, traffic issues, civil litigation, tenancy, wills, and probate.
- **Financial Support:** Credit and debt, budgeting, taxation, benefits, mortgages, and insurance.
- **Elder Care:** Home care agencies, assisted living facilities, skilled nursing facilities, geriatric care management, financial assistance, and community resources.
- **Life Coaching:** Establish a vision, set goals and create an action plan; then engage in up to five follow-up meetings to help recalibrate, refresh, and progress with your goals; progress towards any goal - career, parenting, relationship, time management, etc.

HOW IT WORKS

1. Call or Log On To Your Account

Call, download the app or log into the member portal.

2. Select Practical Daily Support

Click the "Practical Daily Support" tile in your account and click "Get Help Now" or simply ask for this service if you call in by phone.

3. Connect with an Expert

You will be connected with one of our experts who will take detailed notes and assist you with your issues.

WHEN TO USE

- When you are feeling the stress of taking care of a loved one and need support
- When you need advice for legal or financial questions or issues
- To help plan for many of life's regular daily struggles
- To work on yourself with the help of a life coach
- If you have questions about how we can help, just call and we can assist

Health and Wellness Coaching

Registration Steps Available on Page 1

Have you been wanting to create a healthier lifestyle for yourself and your family but have found it too difficult to do on your own? With our Health and Wellness Program, you can enjoy personalized guidance from our experienced team of highly trained and certified wellness coaches. Our coaches work one-on-one with you and your family to provide individualized, goal-oriented guidance, and work to strengthen new habits, all leading to long-term success.

HOW IT WORKS

Connect with Certified Wellness Coaches through our mobile app, by phone or video, for personalized health and wellness planning and support whenever you or your family need it.

DID YOU KNOW...

Health coaching can help you make significant improvements in your health, including a decrease in body mass index (BMI), waist circumference, and depression symptoms.

-according to a study from UPMC

FEATURES AND BENEFITS

- ✓ Experienced certified coaches provide you with expert help and advice
- ✓ Develop a personalized, custom Wellness Plan with your own Wellness Coach
- ✓ Create an action plan and work together to achieve your goals
- ✓ Form healthy habits leading to long-term success
- ✓ Available from 8am to 8pm local time
- ✓ Available to you and your family members
- ✓ Coaches can provide up to six (6) coaching sessions per coaching goal per family member per year
- ✓ No cost or copay for coaching sessions

COMMON HEALTH & WELLNESS GOALS WE SUPPORT

- Weight Loss/Management
- Healthy Eating
- Fitness & Exercise
- Stress Reduction
- Meditation
- Tobacco Cessation
- Work-Life Balance
- Anxiety Management
- Healthy Sleep Habits
- Overall Lifestyle Improvement
- And more...



AllyHealth

Mental Health

Registration Steps Available on Page 1

Connect with a licensed therapist, counselor, psychiatrist, or behavioral health specialist from home, the office, or on the go—on your schedule—via phone or mobile app.

WHEN TO USE

Our goal is to provide you with convenient, affordable healthcare, when you need it most – 24/7/365.

- If you have a mental health question and you just need professional guidance
- When you need help dealing with stress or life changing events
- Relationship issues and or addiction concerns
- Dealing with Grief and Loss

FEATURES INCLUDE

- Request a consultation via your app 24/7/365
- Continued, long-term counseling sessions available at reasonable rates
- Licensed Psychologist and other behavioral health specialists available 24/7 on a fee for service basis
- Services are completely confidential
- Access from the privacy of your home or office—when and where you need it
- Available to you and your family members

COMMON ISSUES WE SUPPORT

Convenient access to affordable healthcare, when you need it most. Connect with experienced therapists, psychiatrists and behavioral health specialists to support many common issues, including:

- Addictions
- Eating Disorders
- Panic Disorders
- Stress and Anxiety
- Bipolar Disorders
- Grief and Loss
- Parenting Issues
- Trauma and PTSD
- Child and Adolescent Issues
- Life Changes
- Postpartum Depression
- Women's Issues
- Depression
- Men's Issues
- Relationship and Marriage Issues
- And more

Savings and Transparency Tools

Registration Steps Available on Page 1

Tired of paying full price for prescriptions and out-of-pocket medical bills? Through the AllyHealth app, you have access to two incredible tools focused on saving you money.

FREE RX DISCOUNT PROGRAM

- ✓ 10-85% prescription discounts versus cash price on most short-term and acute care medications
- ✓ Online drug price lookup tool helps you find the price of prescriptions at participating locations by zip code
- ✓ Over 65,000 participating pharmacy locations, including independent, national and regional chain pharmacies nationwide
- ✓ No cost, membership, or personal information is required

HOW TO USE RX DISCOUNT PROGRAM

1. In the AllyHealth app, click the "Prescription Savings" tile.
2. Search our network of pharmacies for your prescription.
3. Select the best price and the most convenient location for you.
4. Present the savings information to your pharmacist to save!

MEDICAL BILL SAVER

- ✓ Save 20-50% on most out-of-network bills of \$500 or more
- ✓ No up-front fee - Save or the service is free and only pay fee if your negotiation is successful (success fee is equal to 35% of the negotiated discount)
- ✓ Gain control over your medical spending without feeling the need to become a health care expert
- ✓ Reduce your medical bills regardless of your insurance status or procedure
- ✓ Track your annual savings

HOW TO USE MEDICAL BILL SAVER

1. In the AllyHealth app, click the "Medical Bill Review" tile.
2. If this is your first time using the service, then click the "Get Started" button and then follow the instructions to get started and submit your bill for review. Make sure to use the code "ALY100" to get access to your benefits.
3. If you've used the service before, click the "Access Portal" button any time to visit the online portal to see the status of your negotiation or to submit additional bills.
4. We will alert you when the process is complete. If your negotiation is successful, then you will pay the discounted amount, plus the success fee.