

A New Benefit  
Provided By:

# AllyHealth Complete Plan

With AllyHealth you can visit with a doctor 24/7 from your home, office, or on the go, with no co-pays or consultation fees to you and your family! And now with our Essentials Plan, you can connect with Mental Health providers too! Plus, all of our plans include access to our industry-leading Rx and Medical Bill savings programs — helping you save time, money, and frustration.



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

### FEATURES AND BENEFITS OF ALLYHEALTH

- No co-pays, deductibles, or per-call charges\*
- Prescriptions called in to your local pharmacy
- Avoid long waits and exposure to germs and viruses
- Medical 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 one week
- Many other mental health and wellbeing resources available to meet you where you are
- Personal concierge to assist you with many of life's most common burdens
- Get and stay healthy with our virtual health & wellness coaching
- Plan covers the entire family
- Flexible and easy to use (available via web, mobile app, or simply by phone)
- Rx savings program offers up to 85% discounts at retail pharmacies
- Medical bill negotiation service can help you save on your medical bills

## ALLYHEALTH VIRTUAL CARE SERVICES INCLUDE



### Telemedicine: \$0 Copay

Our network of doctors and pediatricians can diagnose, treat and prescribe for you and your family, 24/7 on your schedule. Anytime. Anywhere. With no consult fees!



### Mental Health Counseling: FREE Sessions Included\*

Connect with a licensed therapist, psychologist, or other behavioral health specialist from home, the office, or on the go via secure video. 100% private and confidential, with free visits included in your plan\*!



### Wellbeing Support: \$0 Copay

Connect any time, 24/7, with a mental health counselor for in-the-moment support, or to direct you to one of our many other resources, such as text-based coaching, mindfulness coaching, short-term counseling, life coaching, career coaching, and more!



### Practical Daily Support: \$0 Copay

Access to a concierge to help with everyday needs like finding eldercare or childcare resources, planning a vacation, financial or legal guidance, and much more!



### 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.



### Savings Tools: FREE

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

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

www.AllyHealth.net

THIS PLAN IS NOT INSURANCE and is not intended to replace insurance or a primary care physician relationship. Consultations with our doctors are \$0 (subject to usage limitations). Up to 10 clinical hours of talk therapy 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 EAP sessions are available, with up to 3 free sessions per issue per family member per year. 5 visits - Health & Wellness coaching for both employer and Voluntary paid. Additional visits may be available on a fee for service basis. If you have any questions about your plan or visit costs, please contact customer support at