

# ALLYHEALTH AVAILABLE TO ALL EMPLOYEES AND ANYONE IN YOUR HOUSEHOLD

## Telemedicine Module (24/7/365 Access to Doctors)

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 And Benefits

- ✓ 24/7/365 access to our experienced, board certified doctors
- ✓ Unlimited use, with no per-call fees or co-pays
- ✓ 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

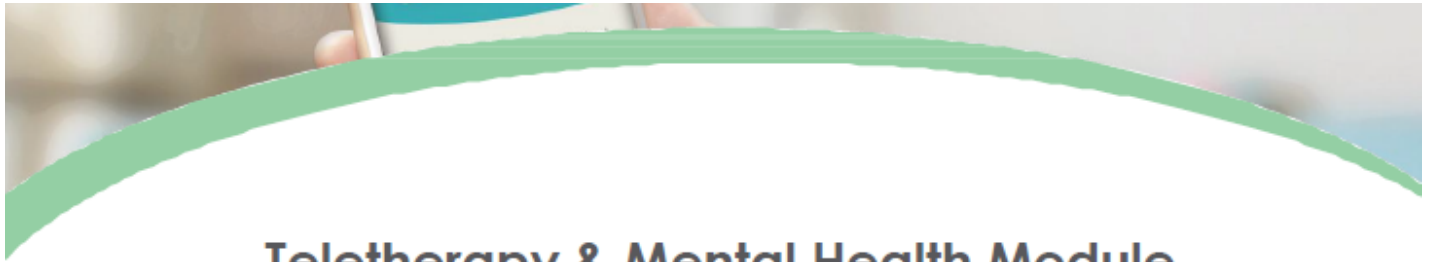
### When To Use

- ✓ 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

### 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...

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## Teletherapy & Mental Health Module

Empower employees and their families to be proactive with their mental health and wellbeing, nurture work-life balance, and live happier and healthier lives.

### How It Works

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.

### Features Include

- ✓ 24/7 access to our network of experienced behavioral health practitioners
- ✓ Up to 10 Free talk therapy counseling sessions per year\*
- ✓ Continued, long-term counseling sessions available at reasonable rates
- ✓ Psychiatrists 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

\*\$0 copay counseling sessions limited to ten sessions per family per year.

### Common Issues We Support

24/7 access to experienced therapists, counselors, psychiatrists and behavioral health specialists to support many common issues, including:

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

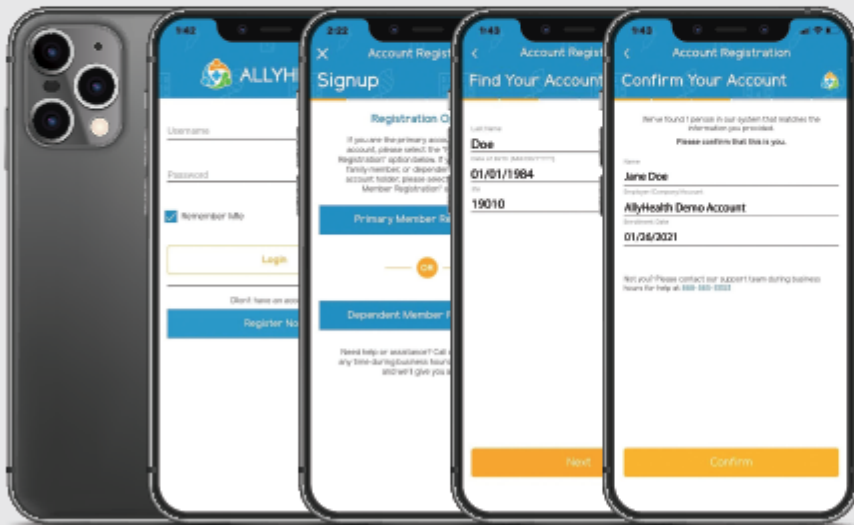


## Congratulations!

You now have access to your new telemedicine benefit which includes FREE consultations with US Board Certified Physicians 24/7/365!

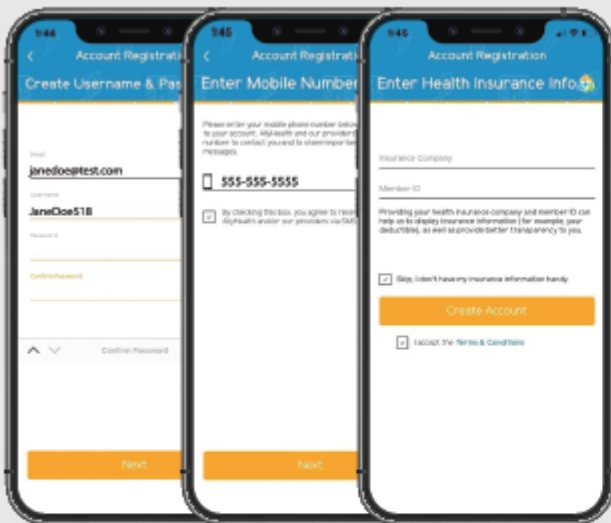
# Registering your account is easy!

### STEP 1: Verify Your Eligibility



1. Go to **allyhealth.app** (or download the AllyHealth app).
2. Click on the "Register Now" button
3. Select either "Primary Member Registration" or "Dependent Member Registration"
4. Enter your Last Name, Date of Birth, and Zip Code
5. Click "Next" to find your record in our system and confirm your eligibility

### STEP 2: Create Your Account



1. Enter Your Email, and create a Username and Password
2. Verify Your Mobile Number
3. Enter Your Health Insurance (optional)
4. Click "Create Account"

## Your Account Is Now Activated!

Now you can view your membership, add dependents, explore your new benefit and request a FREE consultation!



## AllyHealth is better on the app!

More features, faster access, and better notifications. Download the AllyHealth app in the Apple or Google Play app store today to access all of your account features.

If you have questions or need assistance with your account, you may also call 888-565-3303 M - F, 9am - 5pm ET.