AllyHealth

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 — **877-283-3777 ext 1**
24/7/365 On-demand access to licensed physicians for common illnesses and medications when appropriate.
Details on page 2.

On-Demand and Short-Term Counseling: $0 Copay — **888-388-0397**
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.

Wellbeing and Practical Daily Support: $0 Copay — **888-388-0397**
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.

Virtual Psychology: $0 Copay
Speak with a licensed psychologist for one-on-one talk therapy and psychology session(s) to address any general wellbeing or mental health needs.
Details on page 6.

Virtual Psychiatry: $0 Copay — **877-283-3777 ext 1**
Connect with a U.S. based, board-certified psychiatrist who can diagnose, treat and prescribe medications for a range of mental health needs, as necessary.
Details on page 7.

Savings Tools: FREE — **877-283-3777 ext 1**
Save big on your prescriptions and medical bills with our in-app healthcare savings tools.
Details on page 8.

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

SCAN HERE

THIS PLAN IS NOT INSURANCE and is not considered a Qualified Health Plan under the Patient Protection and Affordable Care Act. Copays and usage limitations may apply (review detail pages that follow for more information). If you have any questions about your plan, please contact your HR manager or AllyHealth customer support at support@allyhealth.net



AllyHealth

Virtual Urgent Care

Registration Steps Available on Page 1

Doctors can be hard to reach, illness can occur in the middle of the night, and sometimes you just have a question. In all of those circumstances – and many more – AllyHealth is a convenient and affordable solution.

HOW IT WORKS

Log into your account or call AllyHealth anytime, 24/7/365, to connect directly with a licensed physician by phone or video call within minutes at no cost to you and your family.

FEATURES INCLUDE

- ☑ No copays, deductibles, or per-call charges
- ☑ Prescriptions called into your local pharmacy
- ☑ Plan covers the entire family
- ☑ Fast and easy access, 24/7/365
- ☑ Avoid germ-filled waiting rooms
- ☑ Flexible and easy to use (available via web, mobile app, or simply by phone)

COMMON CONDITIONS WE TREAT

- Sore Throat
- Sinus Infection
- Cough
- Allergies
- Urinary Tract Infections
- Skin Rash/ Infections
- Fever/Headache
- Covid-19/Flu
- Rx Refill
- Pink Eye
- Constipation/ Diarrhea
- Stomach Pain
- Stress and Anxiety
- Ear Pain
- 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

*Average provider to patient call return time is under 17 minutes nationwide



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



AllyHealth

Virtual Psychology

Registration Steps Available on Page 1

Speak with a licensed psychologist for one-on-one talk therapy and psychology session(s) to address any general wellbeing or mental health needs.

FEATURES INCLUDE

- ☑ Schedule an appointment by phone or online, from the comfort of home
- ☑ New patient appointments scheduled within 3 days or less, on average
- ☑ No-cost sessions included, and no claims to your health plan*
- ☑ 100% confidential
- ☑ Family coverage means the whole family can benefit from these services

WHEN TO USE

Our goal is to provide you with convenient, affordable mental health support, when and where you need it most.

- If you have a mental health question and you just need professional guidance
- When you need someone to assist or talk through everyday concerns such as stress, relationship difficulties or any mental health issues
- For talk therapy to work through life's tough moments and issues
- When you need help dealing with stress, anxiety, life changing events and much more

SIMPLE AS 1, 2, 3, 4

1. Log In To Account
Download the AllyHealth app, or visit the member portal to schedule a consultation with a psychologist within 3 business days on average for new patients.

2. Request a Consultation
Request a consultation with a psychologist, update electronic health records, and complete an intake questionnaire.

3. Connect with a Psychologist
Connect with a psychologist for an appointment to discuss any issues that you may want or need to address.

4. Schedule Follow-Up Sessions
Schedule follow-up sessions as-needed, as determined between you and your care provider.

COMMON ISSUES WE SUPPORT

- Anxiety
- Depression
- Stress Management
- Grief & Loss
- Trauma & PTSD
- Panic Disorders
- Addiction & Substance Abuse
- Men's Issues
- Women's Issues
- Relationship Issues
- Parenting Issues
- Life Changes
- And More!

AllyHealth plans typically include up to ten (10) $0 copay mental health sessions (psychiatry and psychology combined) per family per year, but plan designs may vary. If you have questions about your plan, please contact your HR manager or AllyHealth support at support@allyhealth.net.



AllyHealth

Virtual Psychiatry

Registration Steps Available on Page 1

Connect with a U.S. based, board-certified psychiatrist who can diagnose, treat and prescribe medications for a range of mental health needs, as necessary.

FEATURES INCLUDE

- ☑ Schedule an appointment by phone or online, from the comfort of home
- ☑ New patient appointments are scheduled within 3 days or less, on average
- ☑ No-cost visits included, and no claims to the health plan*
- ☑ Manage mental health medications and issues with ongoing, continued sessions with the same provider
- ☑ 100% confidential
- ☑ Family coverage means the whole family can benefit from these services

WHEN TO USE

Our goal is to provide you with convenient, affordable mental health support, when and where you need it most.

- If you've tried talk therapy or other resources and feel like you may need more support
- When you or your care team believe you may benefit from a prescription to help with your mental health or wellbeing
- When you need help dealing with depression, stress, anxiety, panic disorders, and much more

SIMPLE AS 1, 2, 3, 4

1. Log In To Account
Download the AllyHealth app, or visit the member portal to schedule a consultation with a psychiatrist within 3 business days on average for new patients.

2. Request a Consultation
Request a consultation with a psychiatrist, update electronic health records, and complete an intake questionnaire.

3. Connect with a Psychiatrist
Connect with a psychiatrist for an appointment to assess symptoms, evaluate medical and family history, and help determine a course of action moving forward.

4. Prescription Will Be Sent
Prescription will be sent electronically to your local pharmacy if appropriate, at provider's discretion.

COMMON CONDITIONS WE TREAT

- Anxiety
- Depression
- Bipolar Disorders
- Stress Management
- Grief & Loss
- LGBTQ Support
- Trauma & PTSD
- Panic Disorders
- Addiction & Substance Abuse
- Men's Issues
- Women's Issues
- Postpartum Depression
- Relationship Issues
- Parenting Issues
- Life Changes
- And More

*AllyHealth plans typically include up to ten (10) $0 copay mental health sessions (psychiatry and psychology combined) per family per year, but plan designs may vary. If you have questions about your plan, please contact your HR manager or AllyHealth support at support@allyhealth.net.



AllyHealth

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

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 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!

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.