



4 Things to do Now!

Your Allied National health plan ID cards are here!

Cost Saver

Allied National has been in the health benefits business since 1970 and is the administrator for your employer's benefit plan. We are not an insurance company. We work for you and your employer.

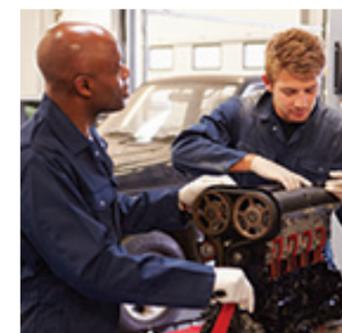
If you have a problem, question or concern, we have trained specialists (in the USA) to talk to you! Call Allied Client Services at 800-825-7531. You also have 24-hour access to information online, including your plan documents in your Self-Service Site at www.alliednational.com. Use your member ID card to register for access.

Client Services

800-825-7531
8 a.m.-4:30 p.m., M-F (CST)
www.alliednational.com



Make your benefits **WORK** for you! **4** Things to do now!



Find a Provider!

1. Find a provider
www.alliednational.com/find-a-provider
Allied has an online list of providers who are in network and will give you a discount. Check your card to see which network you are in and click on the corresponding link to find out your provider choices.



Pharmacy Help!

2. Read the pharmacy information
You have generic drug coverage. A generic drug is a copy of a brand-name drug that has the same dosage, use, effects, safety and strength - but costs much less than a brand name. Your Tier 1 generic drugs are listed in the Rx formulary at: www.alliednational.com/prescription-benefits.



Get Help!

3. Cura
You can see a doctor from your phone or laptop 24/7. Your plan has the Cura TeleHealth & Wellness benefit. Telehealth is an efficient way to manage most acute and chronic conditions without having to go to a doctor's office. The cost is covered by your health plan or, if you have an HSA, it's a low-cost alternative to an office visit. Call 620-740-2872 to register.



Carry Your ID Card!

4. Put your ID card in your billfold
Present your member ID card to your health care provider. If you or your provider have questions, call our Client Services Representatives at the number on your card and they will be happy to answer your questions.