



Helping you get the most from your benefit plan

The Small Group Benefit Experts - for groups of two or more

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Employer Benefit Adviser

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Self-Service Site

Employer Resources



What to Know This Month

Here's a sneak peek at the highlights in this issue:

1. Mental Health Support & Awareness
2. Join the Member Perks Program!

Mental Health Support & Awareness



Mental health affects how a person thinks, feels and acts. It determines how we handle stress, how we make decisions and how we relate to others. Mental health is important at every stage of life. Next month is Mental Health Awareness month. Since 1949 the Mental Health America organization has encouraged the importance of educating and promoting mental health awareness.

Your Allied National Funding Advantage health plan offers members two ways to access the best possible behavioral health services available.

The first option is through the Allied HealthCare Assistant program. Our trained representatives can ensure our members find the right person to not only listen to their struggles but help them through the problems they are experiencing. Representatives are available Monday-Friday 8 a.m.-4:30 p.m.

The second option is through Allied's telehealth benefit. Members can speak with experienced psychiatrists, therapists, and counselors 24/7 from anywhere. Just pick up the phone or log onto your computer or tablet. Most members won't be charged because the cost of the phone or video consultation is covered by their Allied health plan. However, there will be a minimal charge if members are covered through an HSA plan.

Be sure to reach out to your covered employees and remind them, that if they or their dependents are in need of behavioral health, they have options through their health plan.

Allied HealthCare Assistant

Telehealth

Join the Member Perks Program!

Allied National is working with Abenity to provide members with exclusive perks and over \$4,500 in savings on everything from pizza and the zoo, to movie tickets, oil changes, hotels and car rentals!

Popular features include:

- **Nearby Offers:** Use our show & save mobile coupons to quickly access savings on the go.
- **eTickets On Demand:** Save up to 40% with no hidden fees.
- **Showtimes:** Find movies, watch trailers, and save up to 40% at a theater near you.
- **Monthly Giveaways:** Win cash, movie tickets, electronics and more with our monthly contests.



And, with over a million redemption locations across 10,000 cities in the United States and Canada, you'll never be far from savings!

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