



4 Things to do now!



Your Fundamental Care health plan ID cards are here!

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 on 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

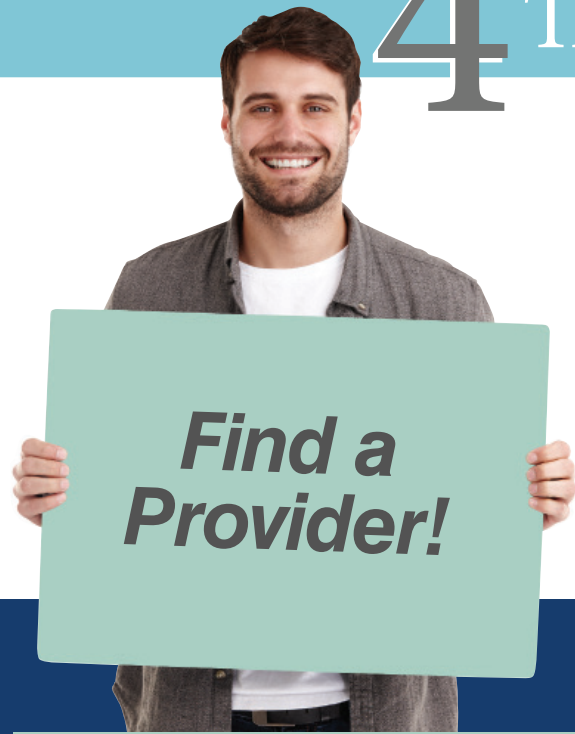
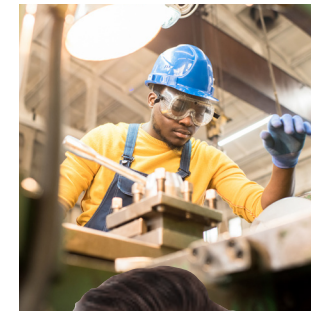
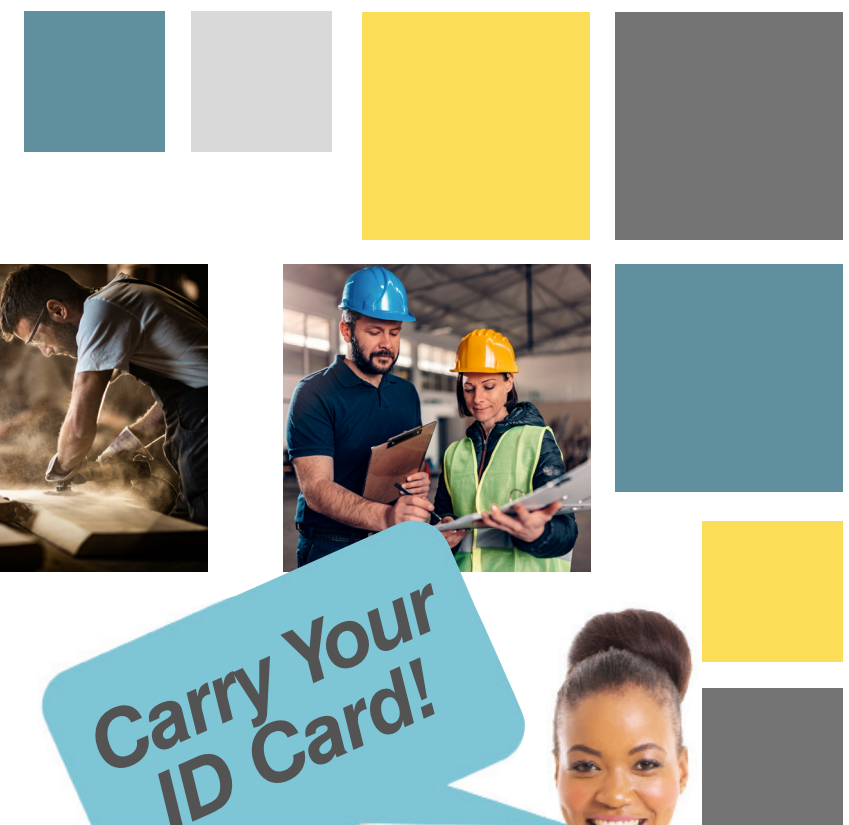


Administered by Allied National

Make your benefits

WORK for you!

4 Things to do now!



1. Find a provider

firsthealthlbp.com

Your First Health PPO Network has an online list of providers who are in network and will give you a discount.

2. Read the pharmacy information

You have generic drug coverage. A generic drug 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 on your plan administrator's website at: alliednational.com/prescription-benefits

3. MDLIVE

mdlive.com/myewellness

Your MDLIVE benefit gives you 24/7 access to physicians through your phone or computer. The cost is 100% covered by your health plan and you have unlimited visits. Visit the website listed above to activate your account.

Each family member must have a separate account.

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 Allied National, your plan administrator at the number on your card and they will be happy to answer your questions.