Your Allied National health benefit ID card is here. Present this card to your doctor at the start of your visit.

Questions?
Call 800.825.7531
Check Out Your Benefits

What Type of Coverage is it?
With the MEC Basic Plan, you have:

- Preventive services covered at 100% with no copay
- Prescription drug discount
- One primary care visit with no copay

Telehealth Access 24/7
Your plan gives you access to a telehealth health care provider from your phone or PC. For minor issues like a cold, flu, allergies or a sprained ankle, telehealth is rapidly becoming the favored way to seek immediate help.

How Do I Learn More?

Allied’s Self-Service Site — The Answers You Need
You can access Allied National’s Self-Service website any time of the day to see information about your health benefit coverage.

What you need to do:
Visit www.alliednational.com and click on “Self-Service Account Sign In” from the home page. To register for the first time, you need the member ID number from your benefit card, your date of birth and the last four digits of your Social Security number.

What you’ll see.
After logging into the site, you’ll see your benefits, claims payments and coverage dates information. You’ll also be able to click on a link that gives you information about who is covered under your plan. Across the top of the website page are buttons that allow you access to more information about your benefits, claims and documents on file. The Submit Request button gives you the ability to request service on a variety of issues ranging from changes in coverage to address changes.

Preventive Services
Your plan provides 100% coverage for all preventive services as listed by the U.S. Preventive Services Task Force. There are no deductibles, copays or annual or lifetime limits.

A list of these services can be found at www.healthcare.gov/coverage/preventive-care-benefits/

Reach MeMD at:
855.636.3669
carecoordination@mend.com
chat: memd.me/chat

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