



# Member Resources

Allied is committed to helping you and your family make the most of your benefits. With access to on-demand tools and one-on-one support, Allied makes it easy to manage your benefits and stay on track towards a healthier you.



## Manage your benefits at-home or on-the-go

Allied's online member portal allows you to manage your benefits at any time from any device.

**With Allied's Member Portal, you can:**

- Access your ID card
- Review your claims and Explanation of Benefits
- Track your deductible progress
- Check your plan benefits, copays, and coinsurance amounts
- Get your customized Personal Health Record (PHR)

Go to [alliedbenefit.com/Members](https://alliedbenefit.com/Members) to set up your personalized account.



## Expert advice, just a phone call away

When you need help, Allied's Member Services team is ready to answer any and all questions, including:

- Help to submit claims, or understand your medical bills
- Verify your benefits and coverage details directly with your providers
- Find in-network providers
- Navigate benefits and tools through your online member portal

Call Allied Member Services Team at the number listed on your ID card

Monday - Thursday 7:30 am to 7:00 pm CT

Friday 8:00 am to 5:00 pm CT

Saturday 9:00 am to 12:00 pm CT