

# MyBenefits

Benefits at Your Fingertips 24/7

## Accessing benefit information has never been easier

- Express Wellness - Claims benefits paid directly to your checking account
- Submit claim documents
- Check claim status
- Get benefit coverage details
- Review claims history
- Make changes to personal information
- View and download your Explanation of Benefits (EOB)
- View coverage information

## How to Get Access

- Go online to [www.allstateatwork.com/mybenefits](http://www.allstateatwork.com/mybenefits)
- Sign up for access using the secure online registration process. Create a User ID and Password.
- Be prepared to provide your SS#, zip code, and birthdate.
- Need help registering? Just click on "Need Help" in the menu to the right.
- Once registered, full access to all benefits and website is available day or night, 24/7, it's that simple!

To read more about what the **MyBenefits** site can offer, see the information on reverse.

**MyBenefits**

the right tool • your benefits • full access



**Allstate.**

Benefits

# MyBenefits

Our secure online access offers benefit information 24/7

Below is a quick overview of the **MyBenefits** innovative online capabilities



## 1. Online Access 24/7 -

Through online access, upload claim documents, review coverage details, track claim status or update personal information with ease!

## 2. Claims Status, Filing and Payments -

Check claims status at your convenience 24/7. Or, file a claim using our online forms submission process and upload all supporting documents. Expedited payment process available by filing online. Receive claim payments in as little as 5 days. Have your wellness claim processed within 48 hours by filing through our Express Wellness option. Elect to have your claim benefit payment directly deposited into your checking account.

## 3. Policy Information -

Print or view policy information, coverage details or certificates on existing coverage.

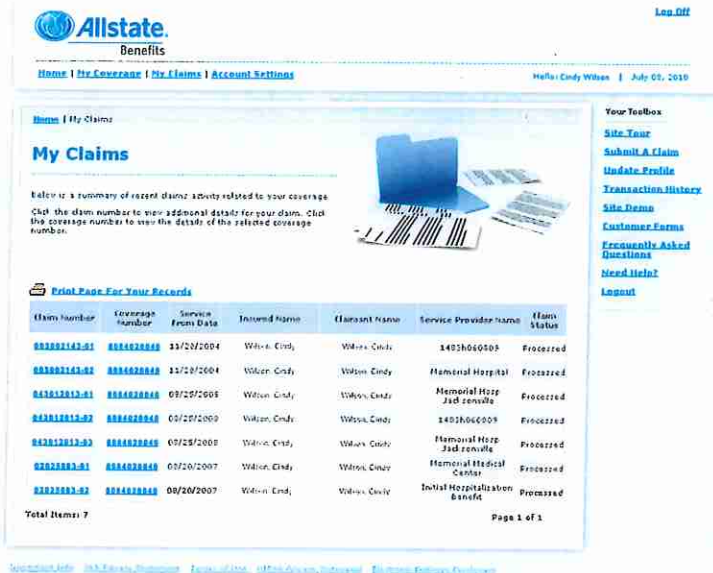
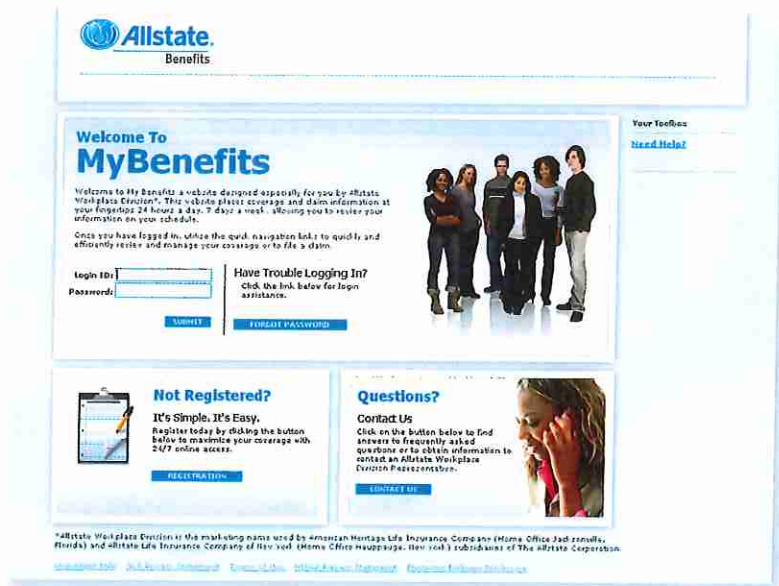
## 4. Update Information -

Keep your physical address, e-mail address and telephone number up-to-date and accept electronic delivery of documents.

## 5. Need Help? -

The Need Help? section provides a listing of telephone numbers to contact Allstate Benefits, ask a question online, or submit questions through e-mail.

Logon today! Experience the ease of taking advantage of the valuable coverage Allstate Benefits has to offer.



Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL). ©2011 Allstate Insurance Company.  
www.allstate.com or allstateatwork.com.