

# 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.



the right tool • your benefits • full access



# 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.

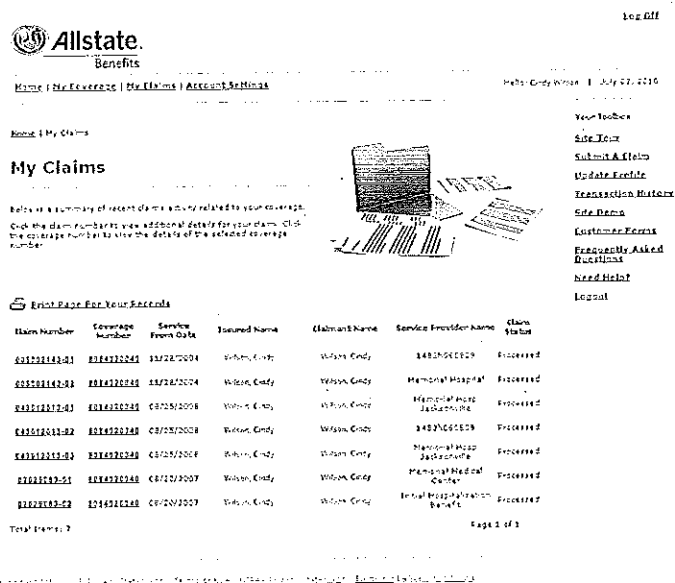
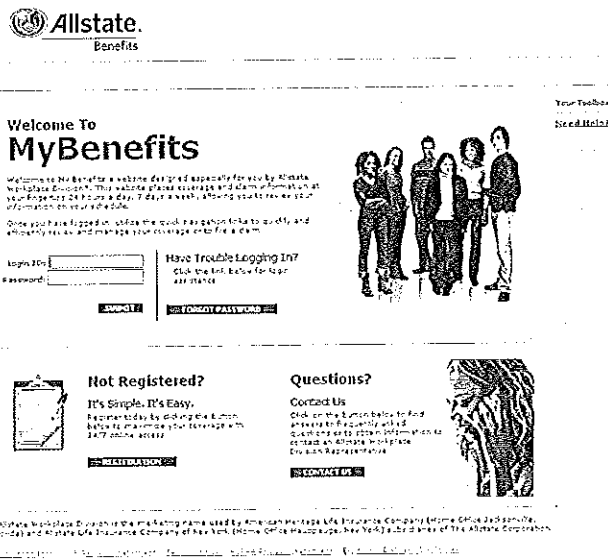
## 4. Update Information -

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.



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