

# Getting Started With Allied Important Member Resources

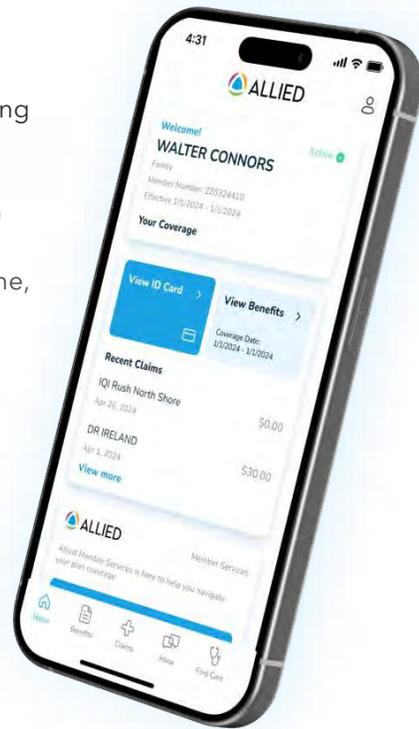
Allied offers a wealth of resources designed to help you and your family get the most from your health plan. From easy-to-use digital tools to caring, personalized support, everything is here to make accessing your benefits simple—so you can spend less time managing your coverage and more time enjoying what matters most.

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

Allied's member portal allows you to manage your benefits at any time, from any device. Simply download the **My Allied Portal mobile app** or log in at [member.alliedbenefit.com](https://member.alliedbenefit.com) to get started.

With My Allied Portal, you can:

- View and share your digital ID card with providers.
- Find in-network providers and compare costs.
- Track claims, benefits, and deductible progress.
- Explore what's covered under your plan
- Discover enhanced Care programs for you and your family.



## Expert advice, just a phone call away

Alongside powerful digital tools, the **Allied Member Services Team** is here whenever you need personalized support from a live person who understands your needs.

Reach out any time for help:

- Submitting claims or understanding your medical bills.
- Verifying benefits and coverage details directly with your providers.
- Finding in-network providers.
- Navigating your benefits and tools through the My Allied Portal.
- Resolving complex care or billing issues.

Call Allied Member Services at  
**833-918-1384**

Monday-Friday, 8:00 am to 8:00 pm CT  
Saturday 9:00 am to 12:00 pm CT

