



MyBenefits

Offering secure online access to your benefit information.

MyBenefits gives you anytime access to your coverage information, claims and more. Optimized for mobile devices, submitting claims is as easy as taking a picture of your documents and submitting them through MyBenefits.

Accessing Your Benefit Information Has Never Been Easier



Fast File

Quick and secure claim submission



Express Claim

Submit Wellness or Outpatient Physician's Treatment benefit claims easily and securely



Direct Deposit

Available for faster processing



View

View full policies, certificates and claim history



Download

View and download your Explanation of Benefits (EOB)

Access MyBenefits

- Go to: allstatebenefits.com/mybenefits
- **Enter Account Info** - SSN, Zip code and Birthdate are required
- **Create Your Account** - Choose your User ID and Password
- **Security Questions** - For your protection—we'll ask you two questions for User ID retrieval and Password reset

Mobile Optimization

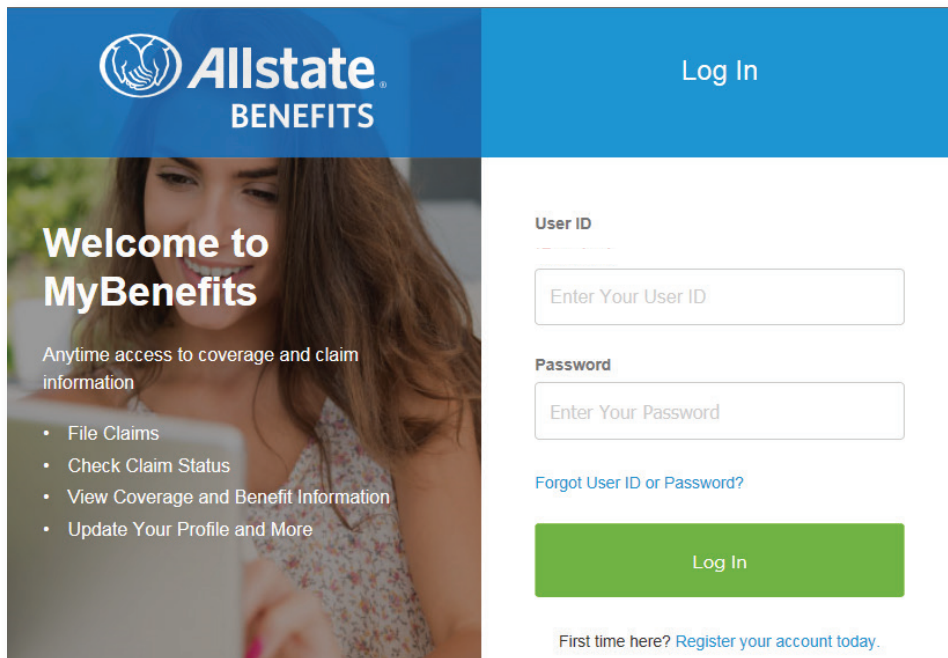


- Works great on your smartphone and mobile devices
- Take a picture of your supporting documents and submit them with your mobile device

To find out more about what the MyBenefits site can offer, [see the information on reverse.](#)

MyBenefits

Innovative online capabilities at your fingertips



1. Online Access 24/7

Access your claim and benefit information anytime, day or night.

2. Fast File

Complete your claim submission online for quick processing. Use your mobile device to take a picture of your documents and submit using your smartphone, tablet or PC.

3. Express Claims Process

Have your Wellness or Outpatient Physician's Treatment benefit claim processed within 48 hours (supporting documentation required) by filing through our Express option. Elect to have your claim benefit payment directly deposited into your checking account.

4. Coverage Information

Print or view your coverage details or certificates on existing coverage.

5. Help Center

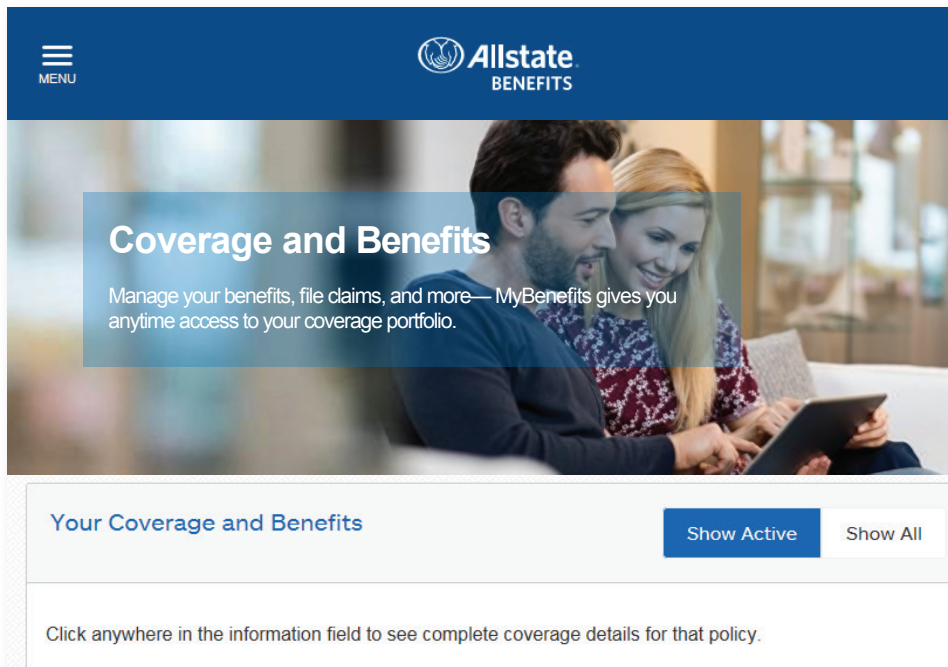
Gives you anytime access to our Forms Library, Upload Center, contact information and recent account activity.

6. Message Center

Alerts you of claim status updates and other important information.

7. Mobile Friendly

Use your mobile device to upload



Rev. 5/1. This material is valid as long as information remains current, but in no event later than May 1, 2022.

Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL), a subsidiary of The Allstate Corporation. Allstate Benefits is also a marketing name for Allstate Life Insurance Company of New York (Home Office, Hauppauge, NY). ©2019 Allstate Insurance Company. www.allstate.com or www.allstatebenefits.com