

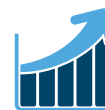
The Future of Employee Wellness & Support

This practical daily support and short term counseling program is a workplace benefit that provides you and your family with exclusive access to mental health and wellbeing support services, helping you to overcome personal and workplace challenges.



No-cost counseling for you, on your schedule

Combining the power of our lifestyle, coaching, and clinical services, our benefit offers an all-in-one solution that promotes confidence and mental health.



Support your mental health

THE ALLYHEALTH DIFFERENCE

Prioritizing your mental health doesn't have to be complicated. With our unique suite of services and support through our benefit, you can feel supported with both short-term, in-the-moment assistance, and long-term, ongoing support.

What AllyHealth Includes

- ☒ **Work-Life / Personal Concierge services**, including
 - Child & Elder care research & recommendations
 - Daily living resources
 - Legal assistance, advice, and resources
 - Financial assistance, advice, and resources
- ☒ **Coverage for your entire family**
- ☒ **FREE**, with no deductibles or co-pays
- ☒ **Unlimited access to Connect-To-Counselor**

- ☒ **Life & Career Coaching**
- ☒ **Multiple ways to support your mental health**
 - **24/7/365 access to live mental health specialists** for in-the-moment support, with referral to free scheduled counseling sessions*
 - **Mindfulness coaching program**
 - **Text-based therapy**
 - **Online computerized cognitive behavioral therapy**
- ☒ **And more...**

SCAN ME

Download the
AllyHealth App!



ACCESS
YOUR
BENEFITS

1 Visit 1 of 2 ways
Download our App!
Online: activate.allyhealth.net

2 **Verify your eligibility** by
confirming your personal
information.

3 **Create your username and
password** and start using
service when needed