

My Benefits

Benefits at Your Fingertips 24/7

Accessing benefit information has never been easier

- File Claims
- Check claim status
- Get benefit coverage details
- Review claims history
- Make changes to personal information

How to Get Access

- Go online to 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 **My Benefits** site can offer, see the information on reverse.

MY BENEFITS

the right tool • your benefits • full access

My Benefits

Our secure online access offers benefit information 24/7

Below is a quick overview of the **My Benefits** innovative online capabilities

1. Online Access 24/7 -

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

2. Claims Status and Filing -

Check claims status any time 24/7, instead of calling. Or, file a claim using our online forms submission process and upload all supporting documents. Expedited payment process available by filing online.

3. Policy Information -

Print or view policy information, coverage details or certificates on existing coverage. Also review other product options available.

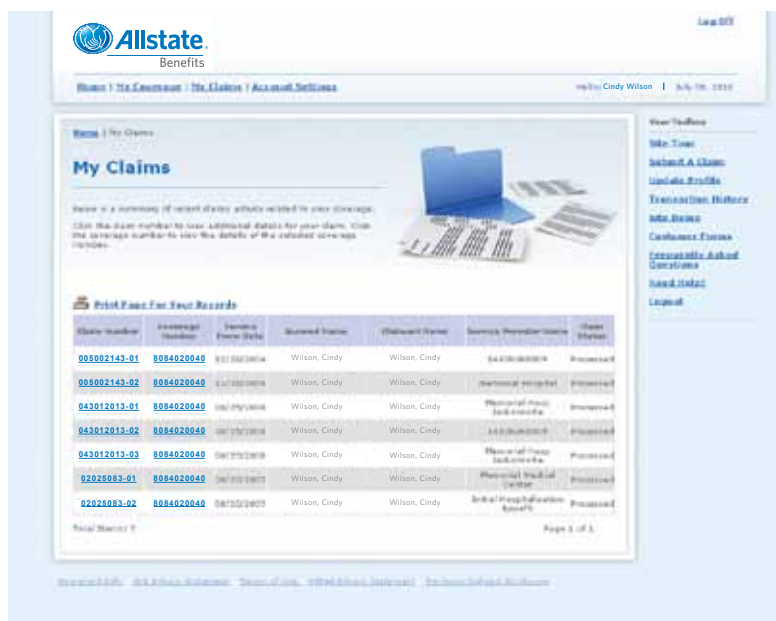
4. Update Information -

You can 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 an e-mail form.

Logon today! Experience the ease of taking advantage of Allstate Benefits's valuable coverage.



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