



ALLYHEALTH



## Congratulations on your new VOICE benefit provided for MEMBERS ONLY!

This is a **FREE** Virtual Care plan that is provided at **NO COST** to you and your family!



You will need your CSEA ID number to register. If you need assistance or you do not know your CSEA ID number, visit [voiccese.org](http://voiccese.org) and click on "Look up your CSEA ID!" or please call the CSEA/VOICE Call Center at 1-877-483-2732.



## THIS BENEFIT INCLUDES:

### **Telemedicine: \$0 Copay**

Our network of doctors and pediatricians can diagnose, treat, and prescribe for you and your family, 24/7 on your schedule. Anytime. Anywhere. With no consult fees!

### **Mental Health Visits: \$0 Copay**

Choose a mental health specialist from our network of providers for scheduled talk therapy or psychiatry visits by video or phone from the comfort of your home.

**Receive 10 free sessions per year.**

### **Caregiver Wellbeing: \$0 Copay**

Speak with a mental health coach who can provide in-the-moment support, or direct you to one of our many resources, such as text-based coaching, mindfulness coaching, short-term counseling, life coaching, career coaching and more!

### **Practical Daily Support: \$0 Copay**

Access to a concierge to help with everyday needs like finding eldercare resources, planning a vacation, financial assistance, and much more!

### **Health & Wellness Coaching: \$0 Copay**

Want to lose weight? Quit smoking? Eat healthier? Get fit? Improve your overall lifestyle? Our virtual coaches can help you with these goals and more.

### **Savings Tools: Free**

Save big on your prescriptions and medical bills with our in-app healthcare savings tools.

Activate your VOICE provided benefit at: [Allyhealth.net/voice](http://Allyhealth.net/voice)



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# Telemedicine – A Brand-New Negotiated Benefit for CSEA Local 100A Members

Dear Local 100A VOICE Member:

It is with great pleasure to introduce you to a brand-new CSEA negotiated benefit for Local 100A members.

Your new AllyHealth Comprehensive Virtual Care Telemedicine Plan provides unlimited access to US Board Certified Doctors and Pediatricians 24/7/365 by phone, video or mobile app, providing you and your household with convenient and unlimited access to quality healthcare with ZERO copays. This amazing new benefit will save you time, money and frustration.

## Telemedicine is a convenient way to treat non-emergency medical issues such as:

- Allergies
- Asthma
- Bronchitis
- Colds/Flu
- Ear Infections
- Joint Aches/Pains
- Respiratory Infections
- Sinus Infections
- Sore Throat
- Rashes
- Constipation
- Fever
- Nausea/Vomiting
- Pink Eye
- Sports Injuries
- Sunburn
- Headache
- Skin Inflammations
- Urinary Tract Infections
- And more...

What is the best part of the program? **THERE ARE NO COPAYS!**

This program provides the additional security of having a board-certified doctor on call at all times, with the ability to call in a prescription to your local pharmacy (if necessary), without leaving your home. Once you are registered and activate your account, you can call a physician 24/7/365 anytime, anywhere!

## What do you get?

- Talk directly to your doctor or pediatrician in minutes
- No copays or deductibles
- Prescriptions called into your local pharmacy (at doctor's discretion)
- Unlimited use with no per-call fees
- Coverage for you and your entire household
- 24/7 customer service
- Private, secure and confidential visits

## When to use AllyHealth:

- If you're considering the ER or urgent care center for a non-emergency medical issue
- For non-emergency medical issues and questions
- While at home, work, or traveling and in need of medical care or advice
- During or after normal business hours, nights, weekends, even holidays

Please review the enclosed materials to learn more about how to activate your accounts. You will need your CSEA ID number to register. If you need assistance or you do not know your CSEA ID number, visit [voiccecsea.org](http://voiccecsea.org) and click on "Look up your CSEA ID!" or please call the CSEA/VOICE Call Center at 1-877-483-2732.

In solidarity,

Mary E. Sullivan, President

