



# Essentials Plan

With AllyHealth you can visit with a doctor 24/7 from your home, office, or on the go, with no copays or consultation fees for you and your family! And now with our Essentials Plan, you can connect with Mental Health providers, too! Plus, all of our plans include access to our industry-leading Rx and Medical Bill savings programs—helping you save time, money, and frustration.



## FAST AND CONVENIENT ACCESS TO QUALITY CARE 24 HOURS A DAY 7 DAYS A WEEK 365 DAYS A YEAR

- No copays, deductibles, or per-call charges\*
- Prescriptions called in to your local pharmacy
- Avoid germ-filled waiting rooms
- Medical visits available 24/7/365, on-demand. Anytime. Anywhere
- Mental health visits available in a week or less
- Plan covers the entire family
- Flexible and easy to use (available via web, mobile app, or simply by phone)
- Rx savings program offers up to 85% discounts at retail pharmacies
- Medical bill negotiation service can help you save on all your medical bills

## ALLYHEALTH

### VIRTUAL CARE SOLUTIONS INCLUDE



#### Urgent Care: \$0 Copay

Provides members on-demand access to licensed physicians for common illnesses and medications when appropriate, 24/7/365.



#### Scheduled Therapy and Psychology Visits: \$0 Copay

Access to scheduled talk therapy and psychology sessions for ongoing, proactive mental health therapy. 100% private and confidential with free visits included in your plan!



#### Psychiatry and Medication Management: \$0 Copay

Access to virtual visits with our network of psychiatrists for initial evaluations and ongoing medication management. 100% private and confidential with free visits included in your plan!

## COMMON CONDITIONS WE TREAT

### Urgent Care

- Sore Throat
- Sinus Infection
- Cough
- Allergies
- Urinary Tract Infections
- Skin Rash/Infections
- Fever/Headache
- Covid-19/Flu
- Nausea/Vomiting
- Rx Refill
- Pink Eye
- Constipation/Diarrhea
- Stomach Pain
- Stress and Anxiety
- Ear Pain
- And more

### Mental Health Services

- Addictions
- Bipolar Disorders
- Child and Adolescent Issues
- Depression
- Parenting Issues
- Postpartum Depression
- Relationship and Marriage Issues
- Stress and Anxiety
- Trauma and PTSD
- Eating Disorders
- Grief and Loss
- Life Changes
- Men's Issues
- Panic Disorders
- Women's Issues
- And more

**24/7/365 On-Demand Care. Anytime. Anywhere**

**www.AllyHealth.net**

THIS PLAN IS NOT INSURANCE and is not intended to replace insurance or a primary care physician relationship. Consultations with our doctors are \$0 (subject to usage limitations). Mental health, wellbeing, daily support, and coaching programs typically include a limited number of free sessions per family per year at no charge, with additional sessions available on a fee for service basis. If you have any questions about your plan or visit costs, please see your plan administrator, or contact AllyHealth support at support@allyhealth.net