



**Allstate**  
BENEFITS

## Don't forget: your Critical Illness and Supplemental Health plans pay you to stay healthy!

Each person in your family who is covered under your Critical Illness or Supplemental Health plan is eligible for a wellness benefit. **100% of the benefit is paid to you even if the treatment is covered by your medical insurance.** If you own both plans, you can receive the wellness benefit from each plan. Simply complete an eligible screening or doctor's visit and submit your claim online.

### Did you know?

You can submit claims at any time on our secure customer portal, MyBenefits, regardless of the date of the illness or hospital confinement – even if it occurred during a previous year. Our new MyBenefits app allows you to view policy documents and easily file and track claims from your mobile device.

### Get to know your coverage!

Beyond our wellness benefit, you can trust that Allstate Benefits has you covered in case of a critical illness diagnosis or hospital confinement. Critical Illness coverage includes heart attack, stroke, invasive cancer and other diagnoses. Supplemental Health coverage includes benefits for hospitalization, surgery, outpatient care, nursing, transportation, and more. See your coverage certificate for a full list of benefits.

### Wellness Benefit

Receive a cash benefit when you or a covered dependent undergoes a covered diagnostic exam. Tests include Mammography, Colonoscopy, Chest X-ray, Pap Smear, Lipid Panel screenings, certain cancer screenings and more. The benefit amount is \$100 and is payable once per calendar year, per person.

### Outpatient Physician's Treatment

You can receive a cash benefit when you or a covered family member receives treatment or preventive care from a licensed physician outside of a hospital.\* This includes annual physicals, certain screenings, immunizations, and dental or vision care.

Plus, you receive a benefit regardless of any other insurance coverage you have in place, and there are no restrictions on how you spend your cash benefit. The benefit amount is \$41 and is payable once per day, per person (limitations apply).

\*A physician must perform the service to be considered eligible for payment. The benefit pays for office visits and preventive services, which is defined as routine health care that includes screenings, check-ups, and patient counseling to prevent illnesses, disease, or other health problems.

### Submit your claim online at [mybenefits.allstate.com](https://mybenefits.allstate.com)

- Sign in (you must register to file claims online)
- Fill out the online claim form
- Upload your supporting documentation

**Download the MyBenefits app to file and track your claim from anywhere!**

**Customer Care Center**  
1-800-521-3535



**DUVAL COUNTY**  
PUBLIC SCHOOLS

**This material is valid as long as information remains current, but in no event later than March 15, 2026.** The coverage has exclusions and limitations. Coverage is provided under policy forms GVCIP1 and GVSPI, or state variations thereof. Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL), a subsidiary of The Allstate Corporation. ©2023 Allstate Insurance Company. [www.allstate.com](https://www.allstate.com) or [allstatebenefits.com](https://allstatebenefits.com)